

Meat/Meat Alternates



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Meat/Meat Alternates



Meat and Meat Alternates for the Child Nutrition Programs

For the food-based menu planning approaches, the Child Nutrition Program regulations require that a school or child care lunch or child care supper served must contain the amount of meat or meat alternate given in the Meal Pattern Charts as shown on pages I-7 through I-27. A meat or meat alternate may be served as one of the two components of the snack for the National School Lunch, Child and Adult Care, or Summer Food Service Programs or as part of the breakfast for the School Breakfast Program. Meat and meat alternates include meat, poultry, fish, cheese, yogurt, dry beans and peas, whole eggs, alternate protein products,¹ peanut butter or other nut or seed butters, and nuts and seeds.

For the NSLP and SFSP, enriched macaroni-type products with fortified protein may be counted as meeting part of the meat and meat alternate requirement. Alternate protein products may be counted as meeting all or part of the meat/meat alternate requirement for all Child Nutrition Programs. For detailed information and assistance on the proper use of these products, contact your State agency.

- The meat or meat alternate for the lunch or supper must be served in the main dish or in the main dish and one other menu item.
- A serving of a finished food served as part of a meal must contribute a minimum of 0.25 ounces of meat or meat alternate to be eligible to count towards the meat/meat alternate requirement.

This section contains yield data for:

- servings of fresh and frozen boneless meat, poultry, and fish, and yields for some fresh and frozen meat, poultry, and fish with bones (e.g., chicken drumstick) given in 1- and 1-1/2-ounce servings;
- servings of dry beans and peas given in 1/4-cup and 3/8-cup servings, and peanut butter and other nut butters given in 2 Tbsp and 3 Tbsp measures equivalent to 1 and 1-1/2 ounces of meat alternate, respectively;

¹Information about Alternate Protein Products (APP) can be found in 7 CFR Parts 210, 215, 220, 225, and 226.

- whole eggs expressed in large egg equivalents (1 large egg = 2 ounces equivalent meat alternate) and 1/2 large egg equivalents (1/2 large egg = 1 ounce equivalent meat alternate);
- “USDA Commodity” or “Market pack” food items and are designated as such in Column 1. For items where the USDA commodity and market pack are both available, the items are designated as “Includes USDA Commodity;”
- certain commercially prepared combination foods having USDA, Food Safety and Inspection Service (FSIS) standards requiring a minimum percent of meat or poultry. Products listed include canned and frozen meat and poultry products at portion sizes to provide at least 1 ounce of cooked meat or poultry per average-size serving; and
- standard commercially prepared canned bean, and canned pea soups where one 1/2-cup serving provides 1/4-cup cooked beans (1 oz equivalent meat alternate).

Note: Information for nonspecific products such as chicken, beef, or pork nuggets and patties is *not* provided in this *Food Buying Guide*. Nonspecific products do not require a minimum amount of meat by FSIS labeling standards of identity. There is no general way to determine how much meat or poultry is contained in these products, especially since each manufacturer has its own formulation. School districts using these products must either obtain a CN label (see Appendix C for information about the CN labeling program) or manufacturer’s documentation to credit each specific product used.

Definitions

- A *serving of cooked meat* is understood to be lean meat without bone.
- A *serving of cooked fresh or frozen poultry* includes boneless meat and skin unless otherwise indicated.
- A *serving of yogurt* includes plain or flavored, unsweetened or sweetened – all types of yogurt must be commercially prepared. Yogurt is further defined in the program regulations under 7 CFR parts 210.2, 220.2(bb), 226.2, and 225.2.
- “*Market pack*” refers to foods available on the market.
- *IMPS* stands for *Institutional Meat Purchase Specifications*. These specifications describe in exact detail items most commonly used by foodservice establishments and institutional purchasers for purchasing meat. They are also used in USDA commodity specifications. Only meat certified by the Meat Grading and Certification Branch (MGCB) may be labeled “IMPS.”



- **Like IMPS:** Products having the description “like IMPS” imply that the IMPS standard for the described meat cut has been met but the meat has not been certified by the MGCB – hence it is “like” or “similar” to IMPS meat but is not labeled as such. The data for the products contained in the Food Buying Guide was derived using certified IMPS meat, but meats matching the descriptions and specifications may use the food buying guide yield for the matching IMPS product.
- **PFF** stands for “Protein Fat Free” which is a procedure used by cured pork processors to reflect the presence of added ingredients, including water in cured pork products, and relates labeling claims to the percent of meat protein in the product. Manufacturers must monitor the PFF since adding water and other ingredients dilutes the natural protein content. Labeling regulations established by the Food Safety Inspection Service state that products such as “Ham,” “Ham with Natural Juices,” “Ham Water Added,” etc., must comply with the minimum meat PFF percentages as stated in the regulations.

Note: Products named “Ham and Water Product, X% of weight is added ingredients” do not have standardized PFF values since the amount of water/ingredients added is not limited. For products labeled “Ham and Water Products X% of weight is added ingredients” to be properly utilized in Child Nutrition programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturer’s cooking yield to obtain the raw weight of the product, and then multiply by the food buying guide yield for the specific cut of pork used to process the product.

Yields

Standard commercially prepared combination foods: The yields for commercially prepared combination foods having Federal standards of identity (see 9 CFR parts 319 and 381 for FSIS regulations pertaining to standards of identity for meat and poultry products) listed under Chicken Products (and Beef or Turkey Products) are based on the minimum meat and poultry requirements for food products that are packed for interstate shipment under Federal Meat and Poultry Inspection. The serving size listed for these products will provide at least one equivalent ounce of cooked meat or poultry. Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the *Food Buying Guide* description for the “Food As Purchased” in Column 1 before using the crediting information.

Breaded fish portions or sticks: Yields are based on raw fish portions or sticks and the amount of fish in the product. “Precooked” or “Fried” seafood is not fully cooked; only the breading or batter is flash-fried to set. The fish is raw. For serving purposes the product must be fully



Explanation of the Columns

cooked. For crediting purposes, the calculations were done using the weights and yields for raw fish served cooked.

Yields of cooked meat and poultry vary with type, age, fat content, and weight of the animal, and the method, time, and temperature of cooking. *The quantities of food to purchase are based on average yields of cooked meat and poultry.*

The yield information is presented in tabular form for easy reference. The columns are numbered 1 through 6 as follows:

Column 1 Food As Purchased, AP: The individual foods are arranged in alphabetical order by species (for example, ham is listed under PORK, MILD CURED). Within each species, all of the raw items are listed first followed by cooked and/or canned and/or products. For Chicken and Turkey, the raw items are presented starting with the whole bird followed by whole parts and then the remaining raw items. Other characteristics are given, such as fat content, with or without bone, percent of fish in fish products, and weight of individual pieces of chicken. The items are listed according to the forms in which they appear in the market – fresh, canned, frozen, or dehydrated.

Column 2 Purchase Unit: The purchase unit is generally given as either a pound, a No. 10 can, or, in many cases, a smaller size can.

Column 3 Servings per Purchase Unit, EP (Edible Portion): This column shows the number of 1 or 1-1/2 ounce lean meat equivalent servings you will get from each purchase unit. Numbers in this column have been rounded *down* in order to help ensure enough food is purchased for the number of servings stated.

Column 4 Serving Size per Meal Contribution: The size of a serving is given as 1 or 1-1/2 ounce cooked lean meat or equivalent (1/4 cup or 3/8 cup of cooked beans or peas, 1 or 1-1/2 ounces of cheese, 1 egg (2 ounces), or 2 or 3 tablespoons of peanut butter). Individual servings such as frankfurters, chicken pieces, or fish portions are listed by the piece along with the equivalent ounces of lean meat given in parentheses under the portion size.

Column 5 Purchase Units for 100 Servings: This column shows the number of purchase units you need for 100 servings of the corresponding serving size listed in Column 4. Numbers in this column have been generally rounded *up* in order to help ensure enough food is purchased for the number of servings.

Column 6 Additional Information: This column gives other information to help you calculate the amount of food you need to prepare meals. It shows the amount of cooked ready-to-serve meat you will get from 1 pound of meat, poultry, seafood, or acceptable meat alternate as purchased.

Food Buying Guide for Child Nutrition Programs

Section 1 Meat/Meat Alternates

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEANS, BLACK (TURTLE)					
Beans, Black (Turtle), dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (110 oz)	27.8	1/4 cup heated, drained beans	3.6	1 No. 10 can = about 62.0 oz (6-7/8 cups) heated, drained beans
	No. 10 can (110 oz)	18.5	3/8 cup heated, drained beans	5.5	
	No. 300 can (15-1/2 oz)	5.91	1/4 cup heated, drained beans	17.0	1 No. 300 can = about 10.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.94	3/8 cup heated, drained beans	25.4	
Beans, Black (Turtle), dry <i>Whole</i>	Pound	18.3	1/4 cup cooked beans	5.5	1 lb dry = 2-1/4 cups dry beans
	Pound	12.2	3/8 cup cooked beans	8.2	
BEANS, BLACK-EYED or PEAS					
Beans, Black-eyed (or Peas), dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	37.7	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 65.0 oz (9-3/8 cups) heated, drained beans
	No. 10 can (108 oz)	25.1	3/8 cup heated, drained beans	4.0	
	No. 300 can (15 oz)	4.91	1/4 cup heated, drained beans	20.4	
	No. 300 can (15 oz)	3.27	3/8 cup heated, drained beans	30.6	
Beans, Black-eyed (or Peas), dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	28.3	1/4 cup cooked beans	3.6	1 lb dry = about 2-3/4 cups dry beans
	Pound	18.8	3/8 cup cooked beans	5.4	

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BEANS, GARBANZO or CHICKPEAS					
Beans, Garbanzo or Chickpeas, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (105 oz)	42.0	1/4 cup drained beans	2.4	1 No. 10 can = about 68.4 oz (about 10-1/2 cups) drained, unheated beans
	No. 10 can (105 oz)	28.0	3/8 cup drained beans	3.6	
	No. 300 can (15 oz)	6.70	1/4 cup drained beans	15.0	1 No. 300 can = about 9.6 oz (1-2/3 cups) drained, unheated beans
	No. 300 can (15 oz)	4.46	3/8 cup drained beans	22.5	
	Pound	6.31	1/4 cup drained beans	15.9	
	Pound	4.20	3/8 cup drained beans	23.9	
Beans, Garbanzo or Chickpeas, dry <i>Whole</i>	Pound	24.6	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.4	3/8 cup cooked beans	6.1	
BEANS, GREAT NORTHERN					
Beans, Great Northern, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (110 oz)	32.4	1/4 cup heated, drained beans	3.1	1 No. 10 can = about 68.5 oz (about 8-1/8 cups) heated, drained beans
	No. 10 can (110 oz)	21.6	3/8 cup heated, drained beans	4.7	
	No. 300 can (14 oz)	4.37	1/4 cup heated, drained beans	22.9	
	No. 300 can (14 oz)	2.91	3/8 cup heated, drained beans	34.4	
Beans, Great Northern, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	25.5	1/4 cup cooked beans	4.0	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.0	3/8 cup cooked beans	5.9	

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BEANS, KIDNEY					
Beans, Kidney, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	38.9	1/4 cup heated, drained beans	2.6	1 No. 10 can = about 65.0 oz (9-5/8 cups) heated, drained beans
	No. 10 can (108 oz)	25.9	3/8 cup heated, drained beans	3.9	
	No. 10 can (108 oz)	43.4	1/4 cup drained beans	2.4	
	No. 10 can (108 oz)	28.9	3/8 cup drained beans	3.5	1 No. 10 can = about 71.0 oz (10-3/4 cups) drained, unheated beans
	No. 2-1/2 can (30 oz)	11.6	1/4 cup heated, drained beans	8.7	
	No. 2-1/2 can (30 oz)	7.73	3/8 cup heated, drained beans	13.0	
	No. 2-1/2 can (30 oz)	12.6	1/4 cup drained beans	8.0	
	No. 2-1/2 can (30 oz)	8.40	3/8 cup drained beans	12.0	
	No. 300 can (15-1/2 oz)	5.61	1/4 cup heated, drained beans	17.9	1 No. 300 can = about 9.5 oz (1-3/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.74	3/8 cup heated, drained beans	26.8	
	No. 300 can (15-1/2 oz)	5.88	1/4 cup drained beans	17.1	1 No. 300 can = about 10.0 oz (1-3/8 cups) drained, unheated beans
	No. 300 can (15-1/2 oz)	3.92	3/8 cup drained beans	25.6	
Beans, Kidney, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	24.8	1/4 cup cooked beans	4.1	1 lb dry = about 2-1/2 cups dry beans
	Pound	16.5	3/8 cup cooked beans	6.1	

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BEANS, LIMA					
Beans, Lima, dry, canned <i>Green Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (105 oz)	42.4	1/4 cup heated, drained beans	2.4	1 No. 10 can = about 70.9 oz (11-3/4 cup) drained, unheated beans
	No. 10 can (105 oz)	28.2	3/8 cup heated, drained beans	3.6	
	No. 2-1/2 can (40 oz)	15.7	1/4 cup heated, drained beans	6.4	1 No. 2-1/2 can = about 27.0 oz (4-1/2 cups) drained, unheated beans
	No. 2-1/2 can (40 oz)	10.4	3/8 cup heated, drained beans	9.7	
	Pound	6.46	1/4 cup heated, drained beans	15.5	1 lb AP = about 11.0 oz (1-3/4 cups) drained, unheated beans
	Pound	4.30	3/8 cup heated, drained beans	23.3	
Beans, Lima, dry Baby <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	23.4	1/4 cup cooked beans	4.3	1 lb dry = about 2-3/8 cups dry beans
	Pound	15.6	3/8 cup cooked beans	6.5	
Beans, Lima, dry Fordhook (large) <i>Whole</i>	Pound	27.0	1/4 cup cooked beans	3.8	1 lb dry = about 2-5/8 cups dry beans
	Pound	18.0	3/8 cup cooked beans	5.6	
BEANS, MUNG					
Beans, Mung, dry <i>Whole</i>	Pound	28.1	1/4 cup cooked beans	3.6	1 lb dry = about 2-1/4 cups dry beans
	Pound	18.7	3/8 cup cooked beans	5.4	
BEANS, NAVY or PEA					
Beans, Navy or Pea, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	23.9	1/4 cup cooked beans	4.2	1 lb dry = about 2-1/4 cups dry beans
	Pound	15.9	3/8 cup cooked beans	6.3	

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BEANS, PINK					
Beans, Pink, dry, canned <i>Includes USDA Commodity</i>	No. 10 can (110 oz)	34.0	1/4 cup heated, drained beans	3.0	1 No. 10 can = about 12-1/4 cups drained, unheated beans or about 8-1/2 cups heated, drained beans
	No. 10 can (110 oz)	22.6	3/8 cup heated, drained beans	4.5	
Beans, Pink, dry <i>Includes USDA Commodity</i>	Pound	19.3	1/4 cup cooked beans	5.2	1 lb dry = 2-1/4 cups dry beans
	Pound	12.8	3/8 cup cooked beans	7.9	
BEANS, PINTO²					
Beans, Pinto, dry, canned <i>Whole Includes USDA Commodity</i>	No. 10 can (108 oz)	37.2	1/4 cup heated, drained beans	2.7	1 No. 10 can = about 67.4 oz (9-1/4 cups) heated, drained beans
	No. 10 can (108 oz)	24.8	3/8 cup heated, drained beans	4.1	
	Pound	5.51	1/4 cup heated, drained beans	18.2	
	Pound	3.67	3/8 cup heated, drained beans	27.3	
Beans, Pinto, dry <i>Whole Includes USDA Commodity</i>	Pound	21.0	1/4 cup cooked beans	4.8	1 lb dry = 2-3/8 cups dry beans
	Pound	14.0	3/8 cup cooked beans	7.2	
Beans, Pinto, dehydrated²	Pound	21.7	1/4 cup cooked beans	4.7	1 lb AP = 3-3/4 cups dehydrated beans
	Pound	14.4	3/8 cup cooked beans	7.0	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1

² Dehydrated pinto beans are whole dry beans that have been cooked and then dehydrated.

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BEANS, RED, SMALL					
Beans, Red, Small, dry, canned <i>Whole</i> <i>Includes USDA Commodity</i>	No. 10 can (111 oz)	31.9	1/4 cup heated, drained beans	3.2	1 No. 10 can = about 71.2 oz (8 cups) heated, drained beans
	No. 10 can (111 oz)	21.2	3/8 cup heated, drained beans	4.8	
	No. 300 can (15-1/2 oz)	4.94	1/4 cup heated, drained beans	20.3	1 No. 300 can = about 8.5 oz (1-1/8 cups) heated, drained beans
	No. 300 can (15-1/2 oz)	3.29	3/8 cup heated, drained beans	30.4	
Beans, Red, Small, dry <i>Whole</i> <i>Includes USDA Commodity</i>	Pound	20.4	1/4 cup cooked beans	5.0	1 lb dry = about 2-1/8 cups dry beans
	Pound	13.6	3/8 cup cooked beans	7.4	
BEANS, SOY					
Beans, Soy, dry, canned	Pound	7.30	1/4 cup heated, drained beans	13.7	
	Pound	4.86	3/8 cup heated, drained beans	20.6	
Beans, Soy, dry	Pound	25.9	1/4 cup cooked beans	3.9	1 lb dry = about 2-1/2 cups dry beans
	Pound	17.2	3/8 cup cooked beans	5.9	

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BEAN PRODUCTS					
Bean Products, dry beans, canned Beans Baked or in Sauce with Pork	No. 10 can (110 oz)	48.9	1/4 cup heated beans	2.1	
	No. 10 can (110 oz)	32.6	3/8 cup heated beans	3.1	
	No. 2-1/2 can (30 oz)	13.3	1/4 cup heated beans	7.6	
	No. 2-1/2 can (30 oz)	8.86	3/8 cup heated beans	11.3	
	No. 300 can (16 oz)	7.10	1/4 cup heated beans	14.1	
	No. 300 can (16 oz)	4.73	3/8 cup heated beans	21.2	
Bean Products, dry beans, canned Beans Baked in Sauce, Vegetarian <i>Includes USDA Commodity</i>	No. 10 can (108 oz)	47.1	1/4 cup heated beans with sauce	2.2	1 No. 10 can = about 11-3/4 cups heated beans with sauce
	No. 10 can (108 oz)	31.4	3/8 cup heated beans with sauce	3.2	
	No. 300 can (16 oz)	6.94	1/4 cup heated beans with sauce	14.5	1 No. 300 can = about 1-3/4 cups heated beans with sauce
	No. 300 can (16 oz)	4.62	3/8 cup heated beans with sauce	21.7	
Bean Products, dry beans, canned Beans with Bacon in Sauce	Pound	4.70	3/8 cup serving (about 1/4 cup heated beans)	21.3	
	Pound	3.13	1/2-cup plus 1 Tbsp serving (about 3/8-cup heated beans)	32.0	
Bean Products, dry beans, canned Beans with Frankfurters in Sauce	Pound	5.30	1/3 cup serving (about 1.0 oz meat/meat alternate)	18.9	
	Pound	3.53	1/2-cup serving (about 1.5 oz meat/meat alternate)	28.4	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEAN PRODUCTS³ (continued)					
Bean, Products, dry beans, canned Refried Beans <i>Includes USDA Commodity</i>	No. 10 can (115 oz)	49.6	1/4 cup heated beans	2.1	1 No. 10 can = about 12-1/4 cups heated refried beans
	No. 10 can (115 oz)	33.0	3/8 cup heated beans	3.1	
	No. 300 can (16 oz)	7.08	1/4 cup heated beans	14.2	1 No. 300 can = about 1-3/4 cups heated refried beans
	No. 300 can (16 oz)	4.72	3/8 cup heated beans	21.2	
Bean Products, dehydrated Refried Beans³	Pound	20.5	1/4 cup cooked beans	4.9	1 lb AP = about 3-1/2 cups dehydrated beans
	Pound	13.6	3/8 cup cooked beans	7.4	1 lb AP = about 5-1/8 cups rehydrated, cooked beans when the water to dry beans ratio = 2:1
BEAN SOUP, canned					
Bean Soup, dry beans, canned <i>Condensed (1 part soup to 1 part water)</i>	No. 3 Cyl (54 oz)	23.0	1/2 cup reconstituted (1/4 cup heated beans)	4.4	Reconstitute 1 part soup with not more than 1 part water
	No. 3 Cyl (54 oz)	15.3	3/4 cup reconstituted (3/8 cup heated beans)	6.6	
	Pound	6.80	1/2 cup reconstituted (1/4 cup heated beans)	14.8	
	Pound	4.53	3/4 cup reconstituted (3/8 cup heated beans)	22.1	
Bean Soup, dry beans, canned <i>Ready-to-Serve</i>	8 oz can	1.00	1 cup serving (1/2 cup heated beans)	100.0	
	8 oz can	0.66	3/4 cup serving (3/8 cup heated beans)	151.6	
BEEF, FRESH OR FROZEN					
BEEF BRISKET, fresh or frozen					
Beef Brisket, fresh or frozen <i>Without bone 1/4-inch Trim</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP = 0.46 lb cooked, lean meat
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	
Beef Brisket, fresh or frozen <i>Without bone Practically-free-of-fat</i>	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked, sliced lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	

³ Dehydrated refried beans are dry beans that have been cooked, mashed, and then dehydrated.

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BEEF BRISKET, CORNED, chilled					
Beef Brisket, Corned, chilled <i>Without bone</i> <i>1/4-inch trim</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, sliced lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
BEEF CHEEK MEAT, fresh or frozen					
Beef Cheek Meat, fresh or frozen <i>no more than 25% fat</i>	Pound	12.3	1 oz cooked lean meat	8.2	1 lb AP = 0.77 lb cooked, drained, lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.2	
BEEF CHUCK ROAST, fresh or frozen^{4, 5}					
Beef Chuck Roast, fresh or frozen⁴ <i>With bone</i> <i>Practically-free-of-fat</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
Beef Chuck Roast, fresh or frozen⁵ <i>Without bone</i> <i>Practically-free-of-fat</i>	Pound	10.0	1 oz lean cooked meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 lean cooked meat	14.9	
Beef Chuck Roast, fresh or frozen⁵ <i>Eye roll</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #116D)</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Beef Chuck Roast, fresh or frozen⁵ <i>Pectoral meat</i> <i>Without bone</i> <i>Practically-free-of-fat</i>	Pound	7.84	1 oz cooked lean meat	12.8	1 lb AP = 0.49 lb cooked, drained, lean meat
	Pound	5.22	1-1/2 oz cooked lean meat	19.2	

⁴If you do not know the specific cut of beef chuck roast **with** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, with bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁵If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, without bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF CHUCK ROAST, fresh or frozen^{4, 5} (continued)					
Beef Chuck Roast, fresh or frozen⁵ <i>Roll</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #116A)</i>	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
Beef Chuck Roast, fresh or frozen⁵ <i>Shoulder clod</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #114)</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked, trimmed, sliced, lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
Beef Chuck Roast, fresh or frozen⁵ <i>Shoulder clod</i> <i>Arm</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #114E)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	
Beef Chuck Roast, fresh or frozen⁵ <i>Shoulder clod</i> <i>Arm</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #114E)</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
Beef Chuck Roast, fresh or frozen⁵ <i>Square cut</i> <i>Divided</i> <i>Blade</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #113A)</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced, lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	

⁴If you do not know the specific cut of beef chuck roast **with** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, with bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁵If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, without bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF CHUCK ROAST, fresh or frozen^{4, 5} (continued)					
Beef Chuck Roast, fresh or frozen⁵ <i>Under blade Without bone 1/4-inch trim (Like IMPS #116E)</i>	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Beef Chuck Roast, fresh or frozen⁵ <i>Under blade Without bone Practically-free-of-fat (Like IMPS #116E)</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
BEEF CHUCK STEAK, fresh or frozen					
Beef Chuck Steak, fresh or frozen <i>Eye roll Without bone Practically-free-of-fat (Like IMPS #1116D)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
BEEF FLANK STEAK, fresh or frozen					
Beef Flank Steak, fresh or frozen <i>1/4-inch Trim</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
Beef Flank Steak, fresh or frozen <i>Practically-free-of-fat</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP (and sliced) = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
BEEF GROUND,^{6, 7, 8} fresh or frozen					
Beef, Ground, fresh or frozen <i>Market Style^{6, 8} no more than 30% fat (Like IMPS #136)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, drained, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	

⁴If you do not know the specific cut of beef chuck roast **with** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, with bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁵If you do not know the specific cut of beef chuck roast **without** bone you will purchase or have purchased, use the yield data given for “beef chuck roast, fresh or frozen, without bone, practically-free-of-fat” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

⁶Ground Beef, Market Style (no more than 30 percent fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef.

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF GROUND fresh or frozen^{7,8} (continued)					
Beef, Ground, fresh or frozen^{7,8} <i>no more than 26% fat</i> <i>(Like IMPS #136)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = .72 lb cooked, drained lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 24% fat</i> <i>(Like IMPS #136)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked, drained lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 20% fat</i> <i>Includes USDA Commodity</i> <i>(Like IMPS #136)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked, drained lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 15% fat</i> <i>(Like IMPS #136)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked, drained lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Beef, Ground, fresh or frozen^{7,8} <i>no more than 10% fat</i> <i>(Like IMPS #136)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked, drained lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	
BEEF HEART, fresh or frozen					
Beef Heart, fresh or frozen <i>Trimmed</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, lean heart
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF KIDNEY, fresh or frozen					
Beef Kidney, fresh or frozen <i>Trimmed</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked kidney
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

⁷Ground Beef is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.15(a) chopped beef, ground beef, but with maximum fat content as listed here.

⁸USDA recommends that the very young, the very old, and those with weakened immune systems not eat undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meat balls, casseroles, hamburgers, and other dishes containing ground beef to the temperature set by your local and State standards and check by using a thermometer.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF LIVER, fresh or frozen					
Beef Liver, fresh or frozen <i>Trimmed</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked liver
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
BEEF LOIN STEAK, fresh or frozen					
Beef Loin Steak, fresh or frozen <i>Bottom sirloin butt</i> <i>Tri-tip steak</i> <i>Defatted</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1185D)</i>	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked, trimmed, sliced, lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
Beef Loin Steak, fresh or frozen <i>Tenderloin steak</i> <i>Side muscle on</i> <i>Defatted</i> <i>1/4-inch trim</i> <i>(Like IMPS #1189A)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
BEEF OXTAIL, fresh or frozen					
Beef Oxtail, fresh or frozen <i>Trimmed</i> <i>With bone</i> <i>(Like IMPS #721)</i>	Pound	4.96	1 oz cooked lean meat	20.2	1 lb AP = 0.31 lb cooked, defatted, boned, lean meat
	Pound	3.30	1-1/2 oz cooked lean meat	30.4	
BEEF PLATE, fresh or frozen					
Beef Plate, fresh or frozen <i>Inside skirt steak</i> <i>(Like IMPS #1121D)</i>	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb sliced, cooked lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Beef Plate, fresh or frozen <i>Outside skirt steak</i> <i>Skinned</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1121E)</i>	Pound	11.3	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb sliced, cooked lean meat
	Pound	7.57	1-1/2 oz cooked lean meat	13.3	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF RIB, RIBEYE, fresh or frozen					
Beef Rib, Ribeye, fresh or frozen <i>Roll roast or steak</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #112)</i>	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
BEEF RIB ROAST, fresh or frozen					
Beef Rib Roast, fresh or frozen <i>Blade meat</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #109B)</i>	Pound	8.96	1 oz cooked lean meat	11.2	1 lb AP = 0.56 lb cooked, trimmed, sliced, lean meat
	Pound	5.97	1-1/2 oz cooked lean meat	16.8	
BEEF ROUND ROAST, fresh or frozen⁹					
Beef Round Roast, fresh or frozen⁹ <i>Without bone</i> <i>1/4-inch trim</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
Beef Round Roast, fresh or frozen⁹ <i>Bottom (Gooseneck)</i> <i>Heel out</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #170A)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced, lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
Beef Round Roast, fresh or frozen⁹ <i>Eye of round</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #171C)</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, sliced, lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Beef Round Roast, fresh or frozen⁹ <i>Knuckle</i> <i>Peeled</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #167A)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked, trimmed, sliced, lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	

⁹If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for “beef round roast, fresh or frozen, without bone, 1/4-inch trim” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF ROUND ROAST, fresh or frozen⁹ (continued)					
Beef Round Roast, fresh or frozen⁹ <i>Outside</i> Without bone 1/4-inch trim (Like IMPS #171B)	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, trimmed, sliced, lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
Beef Round Roast, fresh or frozen⁹ <i>Outside</i> Without bone Practically-free-of-fat (Like IMPS #171B)	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Beef Round Roast, fresh or frozen⁹ <i>Top (Inside)</i> Without bone (Like IMPS #169)	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked, trimmed, sliced, lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Beef Round Roast, fresh or frozen⁹ <i>Top (Inside, Cap off)</i> Without bone (Like IMPS #169A)	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked, sliced, lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
BEEF ROUND STEAK, fresh or frozen					
Beef Round Steak, fresh or frozen <i>Bottom</i> (Gooseneck) Without bone (Like IMPS #1170A)	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
Beef Round Steak, fresh or frozen <i>Knuckle</i> Peeled Without bone (Like IMPS #1167A)	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

⁹If you do not know the specific cut of beef round roast without bone you will purchase or have purchased, use the yield data given for “beef round roast, fresh or frozen, without bone, 1/4-inch trim” for a general purchasing yield. If possible, it is best to know the specific cut of meat you are purchasing and use the appropriate yield data that more accurately reflects the number of servings obtained for that particular cut of meat.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF ROUND STEAK, fresh or frozen (continued)					
Beef Round Steak, fresh or frozen <i>Top (Inside)</i> <i>Without bone</i> <i>(Like IMPS #1169)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked, trimmed, sliced, lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
Beef Round Steak, fresh or frozen <i>Whole</i> <i>With bone</i> <i>Practically-free-of-fat</i>	Pound	10.0	1 oz lean cooked meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz lean cooked meat	14.9	
BEEF RUMP ROAST, fresh or frozen					
Beef Rump Roast, fresh or frozen <i>With bone</i>	Pound	9.92	1 oz lean cooked meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz lean cooked meat	15.2	
Beef Rump Roast, fresh or frozen <i>Without bone</i>	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked lean meat
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
BEEF SPECIAL TRIM, fresh or frozen¹⁰					
Beef Special Trim,¹⁰ fresh or frozen <i>Without Bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #139)</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced, lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
BEEF, STEAK, frozen					
Beef Steak, frozen <i>Cubed Steak</i> <i>(Like IMPS #1100)</i>	Pound	3.55	One 4.5 oz raw steak when cooked provides 3 oz lean cooked meat	28.2	1 lb AP = 0.67 lb cooked lean meat
	Pound	5.33	One 3.0 oz raw steak when cooked provides 2 oz lean cooked meat	18.8	
	Pound	10.7	1 oz cooked lean meat	9.4	
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

¹⁰“Beef Special Trim” is beef trimmings where each piece has a surface area on one side not less than 8 square inches and no less than 1/2-inch thick at any point.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF, STEAK, frozen (continued)					
Beef Steak, frozen <i>Sandwich Steak Flaked, Chopped, Formed and Wafer sliced (Like IMPS #1138A)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
Beef Steak, frozen <i>Flaked and Formed Sliced (Like IMPS #1138)</i>	Pound	12.6	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
	Pound	8.42	1-1/2 oz cooked lean meat	11.9	
Beef Steak, frozen <i>Sliced and Formed (Like IMPS #1138B)</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	
BEEF STEW MEAT, fresh or frozen					
Beef Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts Without bone Practically-free-of-fat</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
BEEF TONGUE, fresh or frozen					
Beef Tongue, fresh or frozen	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked tongue
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
BEEF TRIPE, fresh or frozen					
Beef Tripe, fresh or frozen <i>Scalded, Bleached, (Denuded) Honeycomb (Like IMPS #726)</i>	Pound	12.3	1 oz cooked lean meat	8.2	1 lb AP thawed = 0.77 lb cooked lean meat
	Pound	8.21	1-1/2 oz cooked lean meat	12.2	

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BEEF, COOKED

BEEF, canned¹¹

Beef, canned <i>Beef with Natural Juices</i> <i>USDA Commodity</i> ¹¹	No. 2-1/2 can (29 oz)	14.7	1 oz heated lean meat	6.9	1 lb AP = 0.51 lb heated meat
	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated lean meat	10.2	
	Pound	8.16	1 oz heated lean meat	12.3	
	Pound	5.44	1-1/2 oz heated lean meat	18.4	

BEEF PRODUCTS, canned or frozen^{12, 13}

Beef Products Barbecue Sauce with Beef ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Beef and Dumplings with Gravy ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Goulash ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Hash ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Salad ^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Beef Stew ^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Beef Taco Filling ^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Beef with Barbecue Sauce ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
Beef Products Beef and Gravy ^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat

¹¹ Based on USDA specification for beef with natural juices, canned.

¹² Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
BEEF PRODUCTS, canned or frozen^{12, 13} (continued)					
Beef Products Chili con Carne^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.28 lb cooked lean meat
Beef Products Chili con Carne with Beans^{12, 13}	Pound	2.33	3/4 cup serving (about 1 oz cooked lean meat)	43.0	1 lb AP = 0.18 lb cooked lean meat
Beef Products Corned Beef and Cabbage^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Corned Beef Hash^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Gravy and Beef^{12, 13}	Pound	3.50	1/2 cup serving (about 1 oz cooked lean meat)	28.6	1 lb AP = 0.25 lb cooked lean meat
Beef Products Gravy and Swiss Steak^{12, 13}	Pound	4.66	3/8 cup serving (about 1 oz cooked lean meat)	21.5	1 lb AP = 0.35 lb cooked lean meat
Beef Products Swiss Steak and Gravy^{12, 13}	Pound	7.00	1/4 cup serving (about 1 oz cooked lean meat)	14.3	1 lb AP = 0.50 lb cooked lean meat
CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)^{14,15}					
Cheese American, Cheddar, Mozzarella, or Swiss¹⁴ <i>Natural or Process Includes USDA Commodity</i>	Pound	16.0	1 oz cheese	6.3	1 lb = about 4 cups shredded cheese
	Pound	10.6	1-1/2 oz cheese	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Feta, Brie, Camembert^{14, 15} <i>Natural</i>	Pound	16.0	1 oz cheese	6.3	
	Pound	10.6	1-1/2 oz cheese	9.5	

¹² Yield data is based on the *Food Buying Guide* yield for raw beef stew meat, practically-free-of-fat.

¹³ Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

¹⁴ Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and are **not creditable** towards meal pattern requirements.

¹⁵ Due to increased number of illnesses associated with *Listeria monocytogenes*, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat soft cheese such as Feta, Brie, and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as “queso blanco fresco.”

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)¹⁴ (continued)					
Cheese Cottage or Ricotta¹⁴	Pound	8.00	2 oz serving - about 1/4 cup (1 oz meat alternate)	12.5	1 lb = about 2 cups
	Pound	5.33	3 oz serving - about 3/8 cup (1-1/2 oz meat alternate)	18.8	
Cheese Parmesan or Romano¹⁴ <i>Grated</i>	Pound	16.0	1 oz cheese (3/8 cup serving)	6.3	1 lb = about 5-2/3 cups grated
	Pound	10.6	1-1/2 oz cheese (5/8 cup serving)	9.5	
Cheese Cheese food¹⁴ <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Cheese spread¹⁴ <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute)^{14, 16}					
Cheese Substitutes American, Cheddar, Mozzarella, or Swiss Cheese Substitute^{14, 16} <i>Natural or Process</i>	Pound	16.0	1 oz cheese substitute	6.3	1 lb = about 4 cups shredded
	Pound	10.6	1-1/2 oz cheese substitute	9.5	1 lb AP = about 2 cups cubed cheese
Cheese Substitutes Parmesan or Romano cheese substitute^{14, 16} <i>Grated</i>	Pound	16.0	1 oz cheese substitute (3/8 cup serving)	6.3	1 lb = about 5-2/3 cup
	Pound	10.6	1-1/2 oz cheese substitute (5/8 cup serving)	9.5	

¹⁴ Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and are **not creditable** towards meal pattern requirements.

¹⁶ “Cheese Substitute,” “cheese food substitute,” and “cheese spread substitute” must meet the FDA standard of identity for substitute foods and be labeled as “_____ Cheese Substitute,” “cheese food substitute,” or “cheese spread substitute.” The standard requires that a “cheese substitute” is not nutritionally inferior to the standardized cheese for which it is substituting.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHEESE SUBSTITUTES (includes reduced fat, lowfat, nonfat, and lite versions of cheese substitute, cheese food substitute, and cheese spread substitute) ^{14, 16} (continued)					
Cheese Substitutes Cheese food Substitute ^{14, 16} <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	
Cheese Substitutes Cheese spread substitute ^{14, 16} <i>Process</i>	Pound	8.00	2 oz serving (1 oz meat alternate)	12.5	1 lb = about 5-2/3 cup
	Pound	5.33	3 oz serving (1-1/2 oz meat alternate)	18.8	

CHICKEN, FRESH OR FROZEN

CHICKEN, WHOLE, fresh or frozen					
Chicken, Whole, fresh or frozen <i>With neck and giblets</i>	Pound	5.76	1 oz cooked poultry excluding neck meat and giblets	17.4	1 lb AP = 0.36 lb cooked, boned, chicken meat with- out skin, excluding neck meat and giblets
	Pound	3.84	1-1/2 oz cooked poultry excluding neck meat and giblets	26.1	
	Pound	6.56	1 oz cooked poultry with neck meat and giblets	15.3	1 lb AP = 0.41 lb cooked, boned, chicken meat with- out skin, with neck meat and giblets
	Pound	4.37	1-1/2 oz cooked poultry with neck meat and giblets	22.9	

¹⁴ Any item labeled with the wording “imitation” cheese or cheese “product” does not meet the requirements for use in food-based menu planning approaches and is **not creditable** towards meal pattern requirements.

¹⁶ “Cheese Substitute,” “cheese food substitute,” and “cheese spread substitute” must meet the FDA Standard of Identity for substitute foods and be labeled as “_____ Cheese Substitute,” “cheese food substitute,” or “cheese spread substitute.” The standard requires that a “cheese substitute” not be nutritionally inferior to the standardized cheese for which it is substituting.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN, WHOLE, fresh or frozen (continued)					
Chicken, Whole, fresh or frozen <i>Without neck and giblets</i>	Pound	7.04	1 oz cooked poultry with skin	14.3	1 lb AP = 0.44 lb cooked, boned, chicken meat with skin
	Pound	4.69	1-1/2 oz cooked poultry with skin	21.4	1 lb AP = 0.36 lb cooked, boned, chicken meat without skin
	Pound	5.76	1 oz cooked poultry without skin	17.4	
	Pound	3.84	1-1/2 oz cooked poultry without skin	26.1	
Chicken, Whole, fresh or frozen <i>Cut up</i> 8 Pieces <i>(about 2-3/4 lb without neck and giblets)</i> USDA Commodity <i>Chicken pieces:</i> 2 breast pieces 2 drumsticks 2 thighs with back 2 wings	40 lb box (frying chicken)	(about 83)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.3)	1 box contains about 14 chickens weighing 2-1/2 to 3-1/4 lb
CHICKEN PARTS, fresh or frozen¹⁷					
Chicken Parts, fresh or frozen Back¹⁷ Pieces <i>With skin</i> <i>(about 6.0 oz each)</i>	Pound	2.66	1 back piece (about 1.9 oz cooked poultry with skin)	37.6	1 lb AP = 0.32 lb cooked, boned, chicken meat with skin
	Pound	2.66	1 back piece (about 1.4 oz cooked poultry without skin)	37.6	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	5.12	1 oz cooked poultry with skin	19.6	
	Pound	3.84	1 oz cooked poultry without skin	26.1	
	Pound	3.41	1-1/2 oz cooked poultry with skin	29.4	
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.1	

¹⁷ If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Breast¹⁷ <i>Halves with Backs With skin (about 7.5 oz each) from 8 piece cut</i>	Pound	2.13	1 breast half with back (about 4.1 oz cooked poultry with skin)	47.0	1 lb AP = 0.55 lb cooked, boned, chicken meat with skin
	Pound	2.13	1 breast half with back (about 3.5 oz cooked poultry without skin)	47.0	1 lb AP = 0.47 lb cooked, boned, chicken meat without skin
	Pound	8.80	1 oz cooked poultry with skin	11.4	
	Pound	7.52	1 oz cooked poultry without skin	13.3	
	Pound	5.86	1-1/2 oz cooked poultry with skin	17.1	
	Pound	5.01	1-1/2 oz cooked poultry without skin	20.0	
Chicken Parts, fresh or frozen Breast¹⁷ <i>Halves with Ribs With skin (about 6.1 oz each)</i>	Pound	2.62	1 breast half (about 4.0 oz cooked poultry with skin)	38.2	1 lb AP = 0.66 lb cooked, boned, chicken meat with skin
	Pound	2.62	1 breast half (about 3.4 oz cooked poultry without skin)	38.2	1 lb AP = 0.56 lb cooked, boned, chicken meat without skin
	Pound	10.5	1 oz cooked poultry with skin	9.6	
	Pound	8.96	1 oz cooked poultry without skin	11.2	
	Pound	7.04	1-1/2 oz cooked poultry with skin	14.3	
	Pound	5.97	1-1/2 oz cooked poultry without skin	16.8	

¹⁷If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Breast¹⁷ <i>Portions without Backs With skin (about 3.9 oz each) from 9 piece cut</i>	Pound	4.10	1 breast portion without back (about 2.4 oz cooked poultry with skin)	24.4	1 lb AP = 0.64 lb cooked, boned, chicken meat with skin
	Pound	4.10	1 breast portion without back (about 2.0 oz cooked poultry without skin)	24.4	1 lb AP = 0.52 lb cooked, boned, chicken meat without skin
	Pound	10.2	1 oz cooked poultry with skin	9.9	
	Pound	8.32	1 oz cooked poultry without skin	12.1	
	Pound	6.82	1-1/2 oz cooked poultry with skin	14.7	
	Pound	5.54	1-1/2 oz cooked poultry without skin	18.1	
Chicken Parts, fresh or frozen Breast¹⁷ <i>Portions with Backs With skin (about 5.9 oz each) from 9 piece cut</i>	Pound	2.71	1 breast portion with back (about 2.8 oz cooked poultry with skin)	37.0	1 lb AP = 0.48 lb cooked, boned, chicken meat with skin
	Pound	2.71	1 breast portion with back (about 2.3 oz cooked poultry without skin)	37.0	1 lb AP = 0.40 lb cooked, boned, chicken meat without skin
	Pound	7.68	1 oz cooked poultry with skin	13.1	
	Pound	6.40	1 oz cooked poultry without skin	15.7	
	Pound	5.12	1-1/2 oz cooked poultry with skin	19.6	
	Pound	4.26	1-1/2 oz cooked poultry without skin	23.5	

¹⁷If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Drumsticks¹⁷ <i>With bone With Skin (about 3.7 oz each)</i>	Pound	4.32	1 drumstick (about 1.8 oz cooked chicken with skin)	23.2	1 lb AP = 0.49 lb cooked, boned, chicken meat with skin
	Pound	4.32	1 drumstick (about 1.5 oz cooked chicken without skin)	23.2	1 lb AP = 0.41 lb cooked, boned, chicken meat without skin
	Pound	7.84	1 oz cooked poultry with skin	12.8	
	Pound	6.56	1 oz cooked poultry without skin	15.3	
	Pound	5.22	1-1/2 oz cooked poultry with skin	19.2	
	Pound	4.37	1-1/2 oz cooked poultry without skin	22.9	
Chicken Parts, fresh or frozen Drumsticks¹⁷ <i>With bone Without skin (about 2.5 oz each)</i>	Pound	6.40	1 drumstick (1.1 oz cooked poultry meat)	15.7	1 lb AP = 0.47 lb cooked, boned, chicken meat
	Pound	7.52	1 oz cooked poultry meat	13.3	
	Pound	5.01	1-1/2 oz cooked poultry meat	20.0	
Chicken Parts, fresh or frozen Leg Quarters¹⁷ <i>With bone Without skin (about 7.0 oz each)</i>	Pound	2.28	1 leg quarter (3.1 oz cooked poultry meat)	43.9	1 lb AP = 0.45 lb cooked, boned, chicken meat
	Pound	7.20	1 oz cooked poultry meat	13.9	
	Pound	4.80	1-1/2 oz cooked poultry meat	20.9	
Chicken Parts, fresh or frozen Leg Quarters¹⁷ <i>With bone With Skin (9.5 oz each)</i>	Pound	1.68	1 leg quarter (3.9 oz cooked poultry with skin)	59.6	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	6.72	1 oz cooked poultry with skin	14.9	
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4	

¹⁷If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Thighs¹⁷ <i>With backs</i> <i>With bone</i> <i>With skin</i> <i>(about 8.7 oz each)</i>	Pound	1.83	1 thigh with back (about 3.6 oz cooked poultry with skin)	54.7	1 lb AP = 0.42 lb cooked, boned, chicken meat with skin
	Pound	1.83	1 thigh with back (about 2.8 oz cooked poultry without skin)	54.7	1 lb AP = 0.33 lb cooked, boned, chicken meat without skin
	Pound	6.72	1 oz cooked poultry with skin	14.9	
	Pound	5.28	1 oz cooked poultry without skin	19.0	
	Pound	4.48	1-1/2 oz cooked poultry with skin	22.4	
	Pound	3.52	1-1/2 oz cooked poultry without skin	28.5	
Chicken Parts, fresh or frozen Thigh¹⁷ <i>With bone</i> <i>With skin</i> <i>(about 4.0 oz each)</i>	Pound	4.00	1 thigh (about 2.0 oz cooked poultry with skin)	25.0	1 lb AP = 0.52 lb cooked, boned, chicken meat with skin
	Pound	4.00	1 thigh (about 1.7 oz cooked poultry without skin)	25.0	1 lb AP = 0.43 lb cooked, boned, chicken meat without skin
	Pound	8.32	1 oz cooked poultry with skin	12.1	
	Pound	6.88	1 oz cooked poultry without skin	14.6	
	Pound	5.54	1-1/2 oz cooked poultry with skin	18.1	
	Pound	4.58	1-1/2 oz cooked poultry without skin	21.9	
Chicken Parts, fresh or frozen Thighs¹⁷ <i>With bone</i> <i>Without skin</i> <i>(about 2.8 oz each)</i>	Pound	5.71	1 thigh (about 1.4 oz cooked poultry)	17.6	1 lb AP thawed = 0.53 lb cooked, boned, chicken meat
	Pound	8.48	1 oz cooked poultry	11.8	
	Pound	5.65	1-1/2 oz cooked poultry	17.7	

¹⁷If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PARTS, fresh or frozen¹⁷ (continued)					
Chicken Parts, fresh or frozen Wings¹⁷ Whole With bone With skin (about 3.1 oz each)	Pound	5.16	1 wing (about 1.0 oz cooked poultry with skin)	19.4	1 lb AP = 0.34 lb cooked, boned, chicken meat with skin
	Pound	5.16	1 wing (about 0.8 oz cooked poultry without skin)	19.4	1 lb AP = 0.26 lb cooked, boned, chicken meat without skin
	Pound	5.44	1 oz cooked poultry with skin	18.4	
	Pound	4.16	1 oz cooked poultry without skin	24.1	
	Pound	3.62	1-1/2 oz cooked poultry with skin	27.7	
	Pound	2.77	1-1/2 oz cooked poultry without skin	36.2	
Chicken Parts, fresh or frozen Wing Drumettes (First section of wing) With bone With skin	Pound	5.76	1 oz cooked poultry with skin	17.4	1 lb AP = 0.36 lb cooked, boned, chicken meat with skin
	Pound	3.84	1-1/2 oz cooked poultry with skin	26.1	
Chicken Parts, fresh or frozen Wing Portions (Two sections of wing without tip) With bone With skin	Pound	3.84	1 oz cooked poultry without skin	26.1	1 lb AP = 0.24 lb cooked, boned, chicken meat without skin
	Pound	2.56	1-1/2 oz cooked poultry without skin	39.1	
CHICKEN, BONELESS, fresh or frozen					
Chicken, Boneless, fresh or frozen With skin in natural proportions	Pound	11.2	1 oz cooked poultry with skin	9.0	1 lb AP = 0.70 lb cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry with skin	13.5	

¹⁷If the average raw weights of the chicken parts are different from those stated, use the yield information in Column 6 to determine cooked weight.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN, BONELESS, fresh or frozen (continued)					
Chicken Boneless, fresh or frozen Tenders <i>Tenderloins (boneless, chicken breast pieces without skin)</i>	Pound	11.6	1 oz cooked poultry	8.7	1 lb AP = 0.73 lb cooked chicken meat
	Pound	7.78	1-1/2 oz cooked poultry	12.9	
CHICKEN GIBLETS, fresh or frozen					
Chicken Giblets, fresh or frozen Gizzards	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked gizzards
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen Hearts	Pound	9.28	1 oz cooked poultry	10.8	1 lb AP = 0.58 lb cooked hearts
	Pound	6.18	1-1/2 oz cooked poultry	16.2	
Chicken Giblets, fresh or frozen Livers	Pound	9.92	1 oz cooked poultry	10.1	1 lb AP = 0.62 lb cooked livers
	Pound	6.61	1-1/2 oz cooked poultry	15.2	
CHICKEN, GROUND, frozen					
Chicken, Ground, frozen <i>With skin in natural proportions</i>	Pound	11.2	1 oz cooked poultry	9.0	1 lb = 0.70 cooked chicken meat with skin
	Pound	7.46	1-1/2 oz cooked poultry	13.5	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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CHICKEN, COOKED

CHICKEN, canned

Chicken, canned <i>Boned poultry with broth</i>	No. 2-1/2 can (29 oz)	20.8	1 oz heated, drained poultry	4.9	1 No. 2-1/2 can = about 20.8 oz heated, drained chicken meat and skin
	No. 2-1/2 can (29 oz)	13.8	1-1/2 oz heated, drained poultry	7.3	
	No. 2-1/2 can (29 oz)	20.8	1.2 oz unheated, drained chicken (1 oz cooked poultry)	4.9	
	No. 2-1/2 can (29 oz)	13.8	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	7.3	
	Pound	11.5	1 oz heated, drained poultry	8.7	
	Pound	7.66	1-1/2 oz heated, drained poultry	13.1	
	Pound	11.5	1.2 oz unheated, drained chicken (1 oz cooked poultry)	8.7	
	Pound	7.66	1.8 oz unheated, drained chicken (1-1/2 oz cooked poultry)	13.1	
Chicken, canned <i>Boned Solid pack</i>	Pound	14.8	1/8 cup serving (about 1 oz cooked, drained poultry with skin)	6.8	1 lb AP = 0.93 lb cooked chicken meat with skin

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN, canned¹⁸ (continued)					
Chicken, canned <i>Boned</i> Includes USDA Commodity ¹⁸	50 oz can	46.5	1 oz heated, drained poultry	2.2	50 oz can = about 46.5 oz heated, drained chicken meat with skin
	50 oz can	31.0	1-1/2 oz heated, drained poultry	3.3	
	No. 2-1/2 can (29 oz)	26.3	1 oz heated poultry	3.9	1 No. 2-1/2 can = about 26.3 oz heated, drained chicken meat with skin
	No. 2-1/2 can (29 oz)	17.5	1-1/2 oz heated poultry	5.8	
	Pound	14.7	1 oz heated poultry	6.9	1 lb AP = 0.92 lb heated, drained chicken meat with skin
	Pound	9.81	1-1/2 oz heated poultry	10.2	
CHICKEN, COOKED, frozen					
Chicken, cooked, frozen Diced or Pulled <i>no skin, wing meat, neck meat, giblets, or kidneys</i> Includes USDA Commodity	Pound	16.0	1 oz cooked poultry	6.3	1 lb AP = 1.0 lb cooked chicken meat
	Pound	10.6	1-1/2 oz cooked poultry	9.5	
	40 lb pkg	640.0	1 oz cooked poultry	0.16	
	40 lb pkg	426.6	1-1/2 oz cooked poultry	0.24	
Chicken, cooked, frozen Whole, Cut up, Breaded <i>8 Pieces Breaded (about 2-3/4 lb without neck and giblets)</i> USDA Commodity <i>Chicken pieces: 2 breast pieces, 2 drumsticks 2 thighs with back 2 wings</i>	30 lb box (pre-cooked breaded)	(about 66)	2 oz or more cooked poultry with skin (1 serving = 1 breast piece, or 1 drumstick and 1 wing, or 1 thigh with back)	(about 1.6)	1 box contains about 10 chickens weighing 2-1/2 to 3-3/4 lb

¹⁸ Based on USDA Specification for Canned Boned Poultry.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
CHICKEN PRODUCTS, canned or frozen^{19, 20}					
Chicken Products Chicken a La King^{19, 20}	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin
Chicken Products Chicken Barbeque, Minced^{19, 20}	Pound	3.50	1/2-cup serving (about 1.8 oz cooked poultry)	28.6	1 lb AP = 0.40 lb cooked chicken meat with skin
Chicken Products Chicken Chili^{19, 20}	Pound	2.30	3/4-cup serving (about 1.9 oz cooked poultry)	43.5	1 lb AP = 0.28 lb cooked chicken meat with skin
Chicken Products Chicken Chili with Beans^{19, 20}	Pound	2.62	2/3-cup serving (about 1.0 oz cooked meat)	38.2	1 lb AP = 0.17 lb cooked chicken meat with skin
Chicken Products Chicken Hash^{19, 20}	Pound	2.60	2/3-cup serving (about 1.8 oz cooked poultry)	38.5	1 lb AP = 0.30 lb cooked chicken meat with skin
Chicken Products Chicken Salad^{19, 20}	Pound	3.46	1/2-cup serving (about 1.1 oz cooked poultry with skin)	29.0	1 lb AP = 0.25 lb cooked chicken meat with skin
Chicken Products Chicken with Gravy^{19, 20}	Pound	5.30	1/3-cup serving (about 1.0 oz cooked poultry)	18.9	1 lb AP = 0.35 lb cooked chicken meat with skin
Chicken Products Chicken with Noodles or Dumplings^{19, 20}	Pound	1.70	1 cup serving (about 1.4 oz cooked poultry)	58.9	1 lb AP = 0.15 lb cooked chicken meat with skin
Chicken Products Creamed Chicken^{19, 20}	Pound	2.30	3/4-cup serving (about 1.3 oz cooked poultry)	43.5	1 lb AP = 0.20 lb cooked chicken meat with skin

CHICKPEAS (see BEANS, GARBANZO)

¹⁹Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

²⁰Purchasers of these products will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
EGGS^{21, 22, 23}					
Eggs Shell Eggs, fresh^{21, 22} Large Whole	Dozen (24 oz)	12.0	1 large egg	8.4	1 qt (34 oz) about 19 large whole eggs, or 29 whites, or 57 yolks
	Dozen (24 oz)	24.0	1/2 large egg	4.2	
Eggs Frozen Whole Eggs Pasteurized Includes USDA Commodity	5 lb pkg	45.0	1 large egg	2.3	1 lb frozen = about 1-7/8 cups (9 large eggs)
	5 lb pkg	90.0	1/2 large egg	1.2	
	Pound	9.00	1 large egg	11.2	
	Pound	18.0	1/2 large egg	5.6	
Eggs Dried Whole Eggs²³	No. 10 can (48 oz)	96.0	1 large egg	1.1	1 lb AP = about 5-1/3 cups dried egg
	No. 10 can (48 oz)	192.0	1/2 large egg	0.6	2 cups (6 oz) dried eggs and 2 cups water = 1 dozen large eggs
	Pound	32.0	1 large egg	3.2	
	Pound	64.0	1/2 large egg	1.6	
FRANKFURTERS, BOLOGNA^{24, 25}					
Bologna^{24, 25}	Pound	16.0	1 oz serving	6.3	
Frankfurters^{24, 25} 8 per pound	Pound	8.00	2 oz frankfurter	12.5	

²¹ For other sizes of eggs to use in place of large size eggs, multiply the number (or dozens or cases) of large eggs by a factor as follows: Extra large size, 0.87; medium size, 1.14; small size, 1.35.

²² The Food and Drug Administration (FDA) has issued a warning for the consumption of raw shell eggs. Susceptible populations such as young children, pregnant women, the elderly, and those with compromised immune systems should avoid eating raw, undercooked, or unpasteurized fresh eggs to avoid foodborne illness.

²³ Quantities are for dried whole eggs. For blends and specialty egg products, use CN-labeled product or manufacturer's documentation.

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

²⁵ Due to increased number of illnesses associated with *Listeria monocytogenes* and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
FRANKFURTERS, BOLOGNA^{24, 25} (continued)					
Frankfurters^{24, 25} <i>10 per pound</i>	Pound	10.0	1.6 oz frankfurter	10.0	
Knockwurst^{24, 25}	Pound	16.0	1 oz serving	6.3	
Vienna Sausage^{24, 25}	Pound (drained weight)	16.0	1 oz serving	6.3	
GAME, fresh or frozen²⁶					
Game²⁶ Buffalo <i>Ground</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean buffalo
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Game²⁶ Goat <i>Roast</i>	Pound	8.00	1 oz cooked lean meat	12.5	1 lb AP = 0.50 lb cooked, trimmed, sliced lean goat
		5.33	1-1/2 oz cooked lean meat	18.8	
Game²⁶ Ostrich <i>Medallions</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean ostrich
		7.46	1-1/2 oz cooked lean meat	13.5	
Game²⁶ Venison (Deer) <i>Ground</i> <i>(Like IMPS #996)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked, drained lean venison
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
LAMB, FRESH OR FROZEN					
LAMB, CHOPS, fresh or frozen					
Lamb, Chops, fresh or frozen <i>Shoulder chops</i> <i>With bone</i>	Pound	7.36	1 oz cooked lean meat	13.6	1 lb AP= 0.46 lb cooked lean lamb
	Pound	4.90	1-1/2 oz cooked lean meat	20.5	

²⁴ Includes meat and poultry products. Yields are based on products that do not contain meat or poultry byproducts, cereals, binders or extenders, except to include those products containing Alternate Protein Products (APP) within the limits specified in 9 CFR 319.180(e) and meeting the requirements of Appendix A of 7 CFR 210, 220, 225 and 226. No other binders and extenders may be used in conjunction with the APP to receive the ounce per ounce crediting.

²⁵ Due to increased number of illnesses associated with *Listeria monocytogenes* and the consumption of unheated hot dogs and luncheon meats, the Food and Drug Administration has advised pregnant women, the elderly, and persons with weakened immune systems to not eat hot dogs or luncheon meats unless they are reheated until steaming hot.

²⁶ All "game" meat must be purchased from a USDA inspected establishment. Wild game is **not** allowed to be used in FNS Child Nutrition Programs.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
LAMB, GROUND, frozen					
Lamb, Ground, frozen	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, drained lean lamb
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
LAMB, LEG ROAST, fresh or frozen					
Lamb, Leg Roast, fresh or frozen <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean lamb
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
LAMB, SHOULDER ROAST, fresh or frozen					
Lamb, Shoulder Roast, fresh or frozen <i>Without bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean lamb
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
LAMB, STEW MEAT, fresh or frozen					
Lamb, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean lamb
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
LENTILS, dry					
Lentils, dry	Pound	29.6	1/4 cup cooked lentils	3.4	1 lb dry = about 2-3/8 cups dry
	Pound	19.7	3/8 cup cooked lentils	5.1	
NUTS: TREE NUTS and OTHER NUTS, shelled²⁷					
Tree Nuts Almonds²⁷ <i>Includes USDA Commodity</i>	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/2 cups chopped almonds
	2 lb pkg	32.0	1 oz nuts	3.2	
	25 lb pkg	400.0	1 oz nuts	0.25	
Tree Nuts Brazil nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/4 cups whole Brazil nuts

²⁷ Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
NUTS: TREE NUTS and OTHER NUTS, shelled²⁷ (continued)					
Tree Nuts Cashew nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/3 cups cashew nuts, whole or halves
Tree Nuts Filberts (Hazelnuts)²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 4 cups chopped filberts
Tree Nuts Macadamia nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/3 cups whole macadamia nuts
Tree Nuts Pecans²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-3/4 cups chopped pecans
Tree Nuts Pine nuts (Pinyons)²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 2-7/8 cups whole pine nuts
Tree Nuts Pistachio nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/2 cups pistachio nuts
Tree Nuts Walnuts²⁷ <i>Black</i>	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-5/8 cups chopped black walnuts
Tree Nuts Walnuts²⁷ <i>English</i> <i>Includes USDA Commodity</i>	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-3/4 cups pieces English walnuts
	30 lb pkg	480.0	1 oz nuts	0.21	
Other Nuts Peanut granules²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 3-1/4 cups peanut granules
Other Nuts Peanuts²⁷ <i>Includes USDA Commodity</i>	No. 10 can (64 oz)	64.0	1 oz nuts	1.6	1 No. 10 can = about 12 cups roasted peanuts
	Pound	16.0	1 oz nuts	6.3	1 lb = about 3 cups whole peanuts
	12 oz can	12.0	1 oz nuts	8.4	
Other Nuts Soy nuts²⁷	Pound	16.0	1 oz nuts	6.3	1 lb = about 4-1/4 cups whole soy nuts

²⁷Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PEANUT BUTTER and OTHER NUT or SEED BUTTERS					
Almond butter	No. 10 can (108 oz)	97.5	2 tablespoons nut/seed butter (1 oz meat alternate)	1.1	2 Tbsp = about 1.1 oz nut/seed butter
Cashew nut butter					
Peanut butter					
Reduced fat peanut butter	No. 10 can (108 oz)	65.0	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	1.6	
Sesame seed butter					
Soy nut butter					
Sunflower seed butter	32 oz jar	28.8	2 tablespoons nut/seed butter (1 oz meat alternate)	3.5	
<i>Includes USDA Commodity peanut butter</i>	32 oz jar	19.2	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	5.3	
	Pound	14.4	2 tablespoons nut/seed butter (1 oz meat alternate)	7.0	
	Pound	9.62	3 tablespoons nut/seed butter (1-1/2 oz meat alternate)	10.4	

PEAS

PEAS, dry

Peas, dry <i>Split</i>	Pound	23.1	1/4 cup cooked peas	4.4	1 lb dry = about 2-1/4 cups dry
	Pound	15.4	3/8 cup cooked peas	6.5	
Peas, dry <i>Whole</i>	Pound	25.6	1/4 cup cooked peas	4.0	1 lb dry = about 2-1/3 cups dry
	Pound	17.0	3/8 cup cooked peas	5.9	

PEAS, BLACKEYED (see BEANS, BLACKEYED)

PEA SOUP

Pea Soup, dry peas, canned <i>Condensed (1 part soup to 1 part water)</i> <i>Includes Cream of pea soup</i>	No. 3 Cyl (50 oz)	23.0	1/2 cup reconstituted (1/4 cup cooked peas)	4.4	Reconstitute 1 part soup with not more than 1 part water
	Pound	7.30	1/2 cup reconstituted (1/4 cup cooked peas)	13.7	
Pea Soup, dry peas, canned <i>Ready-to-serve</i>	8 oz can	1.00	1 cup serving (1/2 cup cooked peas)	100.0	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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PORK, FRESH OR FROZEN

PORK, GROUND, fresh or frozen ^{28, 29}					
Pork, Ground, fresh or frozen²⁸ <i>no more than 30% fat Market Style (Like IMPS #496)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
Pork, Ground, fresh or frozen²⁹ <i>no more than 26% fat (Like IMPS #496)</i>	Pound	11.5	1 oz cooked lean meat	8.7	1 lb AP = 0.72 lb cooked lean meat
	Pound	7.68	1-1/2 oz cooked lean meat	13.1	
Pork, Ground, fresh or frozen²⁹ <i>no more than 24% fat (Like IMPS #496)</i>	Pound	11.6	1 oz cooked lean meat	8.7	1 lb AP = 0.73 lb cooked lean meat
	Pound	7.78	1-1/2 oz cooked lean meat	12.9	
Pork, Ground, fresh or frozen²⁹ <i>no more than 20% fat Includes USDA Commodity (Like IMPS #496)</i>	Pound	11.8	1 oz cooked lean meat	8.5	1 lb AP = 0.74 lb cooked lean meat
	Pound	7.89	1-1/2 oz cooked lean meat	12.7	
Pork, Ground, fresh or frozen²⁹ <i>no more than 15% fat (Like IMPS #496)</i>	Pound	12.0	1 oz cooked lean meat	8.4	1 lb AP = 0.75 lb cooked lean meat
	Pound	8.00	1-1/2 oz cooked lean meat	12.5	
Pork, Ground, fresh or frozen²⁹ <i>no more than 10% fat (Like IMPS #496)</i>	Pound	12.1	1 oz cooked lean meat	8.3	1 lb AP = 0.76 lb cooked lean meat
	Pound	8.10	1-1/2 oz cooked lean meat	12.4	

²⁸ Ground Pork, Market Style (no more than 30 percent fat) is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a).

²⁹ Ground Pork is based on USDA standard as referenced in FSIS Policy Book. Must comply with Code of Federal Regulations, Title 9, Part 319.15(a), but with maximum fat content as is listed here.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, HEART, fresh or frozen					
Pork, Heart, fresh or frozen <i>Trimmed</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked pork heart
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
Pork, Heart, fresh or frozen <i>Untrimmed</i>	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, trimmed pork heart
	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
PORK LEG (FRESH HAM), fresh or frozen					
Pork Leg (Fresh Ham), fresh or frozen <i>Short shank</i> <i>With bone</i> <i>(Like IMPS #401A)</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked, trimmed, boned, sliced lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Pork Leg (Fresh Ham), fresh or frozen <i>Outside, Roast</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #402E)</i> <i>Includes USDA Commodity</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
Pork Leg (Fresh Ham), fresh or frozen <i>Inside roast</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #402F)</i> <i>Includes USDA Commodity</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked, trimmed, sliced lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
Pork Leg (Fresh Ham), fresh or frozen <i>Pork leg tip</i> <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #402H)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
PORK LIVER, fresh or frozen					
Pork Liver, fresh or frozen <i>Whole</i> <i>Untrimmed</i> <i>(Like IMPS #710)</i>	Pound	12.4	1 oz cooked lean meat	8.1	1 lb AP = 0.78 lb cooked, trimmed, sliced pork liver
	Pound	8.32	1-1/2 oz cooked lean meat	12.1	

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1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK LOIN CHOPS, fresh or frozen					
Pork Loin Chops, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i>	Pound	7.20	1 oz cooked lean meat	13.9	1 lb AP = 0.45 lb cooked lean meat
	Pound	4.80	1-1/2 oz cooked lean meat	20.9	
Pork Loin Chops, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1413)</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked, trimmed, sliced lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Pork Loin Chops, fresh or frozen <i>Without bone,</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1413)</i>	Pound	11.2	1 oz cooked lean meat	9.0	1 lb AP = 0.70 lb cooked lean meat
	Pound	7.46	1-1/2 oz cooked lean meat	13.5	
PORK LOIN END CHOPS, fresh or frozen					
Pork Loin End Chops, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1410B)</i>	Pound	5.60	1 oz cooked lean meat	17.9	1 lb AP = 0.35 lb cooked, trimmed, boned sliced lean meat
	Pound	3.73	1-1/2 oz cooked lean meat	26.9	
Pork Loin End Chops, fresh or frozen <i>With bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1410B)</i>	Pound	6.56	1 oz cooked lean meat	15.3	1 lb AP = 0.41 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.37	1-1/2 oz cooked lean meat	22.9	
Pork Loin End Chops, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #1413B)</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked, trimmed, sliced lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
Pork Loin End Chops, fresh or frozen <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #1413B)</i>	Pound	10.7	1 oz cooked lean meat	9.4	1 lb AP = 0.67 lb cooked lean meat
	Pound	7.14	1-1/2 oz cooked lean meat	14.1	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK LOIN ROAST, fresh or frozen					
Pork Loin Roast, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #410)</i>	Pound	7.68	1 oz cooked lean meat	13.1	1 lb AP = 0.48 lb cooked, trimmed, boned, sliced lean meat
	Pound	5.12	1-1/2 oz cooked lean meat	19.6	
Pork Loin Roast, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #413)</i>	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, sliced lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
Pork Loin Roast, fresh or frozen <i>Without bone</i> <i>Practically-free-of-fat</i> <i>(Like IMPS #413)</i>	Pound	10.2	1 oz cooked lean meat	9.9	1 lb AP = 0.64 lb cooked, trimmed, sliced lean meat
	Pound	6.82	1-1/2 oz cooked lean meat	14.7	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 Ribs</i> <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #412C)</i>	Pound	5.28	1 oz cooked lean meat	19.0	1 lb AP = 0.33 lb cooked, boned, trimmed, sliced lean meat
	Pound	3.52	1-1/2 oz cooked lean meat	28.5	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 Ribs</i> <i>With bone</i> <i>Practically free of fat</i> <i>(Like IMPS #412C)</i>	Pound	8.16	1 oz cooked lean meat	12.3	1 lb AP = 0.51 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.44	1-1/2 oz cooked lean meat	18.4	
Pork Loin Roast, fresh or frozen <i>Center cut</i> <i>11 ribs</i> <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #412E)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, trimmed, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK SAUSAGE, fresh or frozen^{30, 31}					
Pork Sausage, fresh or frozen <i>Bulk, Link, or Patty³⁰</i> <i>Market Style</i> <i>Raw</i>	Pound	7.52	1 oz cooked lean meat	13.3	1 lb AP = 0.47 lb cooked lean meat
	Pound	5.01	1-1/2 oz cooked lean meat	20.0	
Pork Sausage, fresh or frozen <i>Italian style³¹</i> <i>no more than 35% fat (3% water maximum)</i> <i>Raw</i> <i>(Like IMPS #818)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, drained Italian sausage
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
PORK SHOULDER, BOSTON BUTT, fresh or frozen					
Pork Shoulder, Boston Butt, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #406)</i>	Pound	8.32	1 oz cooked lean meat	12.1	1 lb AP = 0.52 lb cooked, boned, trimmed, sliced lean meat
	Pound	5.54	1-1/2 oz cooked lean meat	18.1	
Pork Shoulder, Boston Butt, fresh or frozen <i>Without bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #406A)</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	
PORK SHOULDER, PICNIC, fresh or frozen					
Pork Shoulder, Picnic, fresh or frozen <i>With bone</i> <i>1/4-inch trim</i> <i>(Like IMPS #405)</i>	Pound	6.88	1 oz cooked lean meat	14.6	1 lb AP = 0.43 lb cooked, boned, trimmed, sliced lean meat
	Pound	4.58	1-1/2 oz cooked lean meat	21.9	

³⁰ Fresh Pork Sausage, Market Style (no more than 50 percent trimmable fat) is based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork Sausage.

³¹ Sausage, Italian, products (total fat content no more than 35 percent). May be made with Pork, Beef, and/or Veal, based on USDA, FSIS standard as published in the Code of Federal Regulations, Title 9, Part 319.145.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK SHOULDER, PICNIC, fresh or frozen (continued)					
Pork Shoulder, Picnic, fresh or frozen <i>Without bone 1/4-inch trim (Like IMPS #405A) Includes USDA Commodity</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, trimmed, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
Pork Shoulder, Picnic, fresh or frozen <i>Cushion Without bone Practically-free-of-fat (Like IMPS #405B)</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked, sliced lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	
PORK SIRLOIN, ROAST, fresh or frozen					
Pork Sirloin Roast, fresh or frozen <i>Without bone 1/4-inch trim (Like IMPS #414A)</i>	Pound	9.92	1 oz cooked lean meat	10.1	1 lb AP = 0.62 lb cooked, sliced lean meat
	Pound	6.61	1-1/2 oz cooked lean meat	15.2	
Pork Sirloin Roast, fresh or frozen <i>Without bone Practically-free-of-fat (Like IMPS #414A)</i>	Pound	9.12	1 oz cooked lean meat	11.0	1 lb AP = 0.57 lb cooked, sliced lean meat
	Pound	6.08	1-1/2 oz cooked lean meat	16.5	
PORK SPARERIBS, fresh or frozen					
Pork Spareribs, fresh or frozen	Pound	6.24	1 oz cooked lean meat	16.1	1 lb AP = 0.39 lb cooked lean meat
	Pound	4.16	1-1/2 oz cooked lean meat	24.1	
PORK STEAK, frozen					
Pork Steak, fresh or frozen <i>Cubed (Like IMPS #1400)</i>	Pound	5.16	One 3.1 oz raw steak when cooked provides 2 oz cooked lean meat	19.4	1 lb AP = 0.65 lb cooked lean meat
	Pound	3.40	One 4.7 oz raw steak when cooked provides 3 oz lean cooked meat	29.5	
	Pound	10.4	1 oz cooked lean meat	9.7	
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK STEAK, frozen (continued)					
Pork Steak, fresh or frozen <i>Flaked and Formed</i> 4 oz raw steaks (Like IMPS #1438)	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.68 lb cooked lean meat
PORK STEW MEAT, fresh or frozen					
Pork Stew Meat, fresh or frozen <i>Composite of trimmed retail cuts</i> Without bone 1/4-inch trim (Like IMPS #435A)	Pound	9.28	1 oz cooked lean meat	10.8	1 lb AP = 0.58 lb cooked, trimmed, drained lean meat
	Pound	6.18	1-1/2 oz cooked lean meat	16.2	
PORK STOMACH (MAWS), fresh or frozen					
Pork Stomach (Maws), fresh or frozen <i>Scalded</i> (Like IMPS #729)	Pound	11.3	1 oz cooked lean meat	8.9	1 lb AP = 0.71 lb cooked, drained pork stomach
	Pound	7.57	1-1/2 oz cooked lean meat	13.3	
PORK, MILD CURED					
PORK, MILD CURED, Ready-to-cook, chilled or frozen³²					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Canadian bacon³²	Pound	11.0	1 oz cooked lean meat	9.1	1 lb AP = 0.69 lb cooked lean meat
	Pound	7.36	1-1/2 oz cooked lean meat	13.6	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt³² <i>With bone</i>	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
	Pound	5.76	1-1/2 oz cooked lean meat	17.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Boston butt³² <i>Without bone</i>	Pound	9.60	1 oz cooked lean meat	10.5	1 lb AP = 0.60 lb cooked lean meat
	Pound	6.40	1-1/2 oz cooked lean meat	15.7	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CURED, Ready-to-cook, chilled or frozen³² (continued)					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork shoulder Picnic³² <i>With bone</i>	Pound	6.72	1 oz cooked lean meat	14.9	1 lb AP = 0.42 lb cooked lean meat
	Pound	4.48	1-1/2 oz cooked lean meat	22.4	
Pork, Mild Cured, Ready-to-cook, chilled or frozen Pork Shoulder Picnic³² <i>Without bone</i>	Pound	8.48	1 oz cooked lean meat	11.8	1 lb AP = 0.53 lb cooked lean meat
	Pound	5.65	1-1/2 oz cooked lean meat	17.7	
PORK, MILD CURED, Fully Cooked, chilled or frozen^{32, 33}					
Pork, Mild Cured, Ready-to-cook, chilled or frozen Ham³² <i>Without bone</i>	Pound	10.0	1 oz cooked lean meat	10.0	1 lb AP = 0.63 lb cooked lean meat
	Pound	6.72	1-1/2 oz cooked lean meat	14.9	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham With natural juices³² <i>Boiled Without bone (Like IMPS #508 Style B)</i>	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham With natural juices³² <i>Smoked Without bone (Like IMPS #509 Style B)</i>	Pound	14.2	1.12 oz ham with natural juices (provides 1 oz lean cooked meat)	7.0	1 lb AP = 0.90 lb cooked lean meat (Protein Fat Free value of 18.5)
	Pound	9.58	1.67 oz ham with natural juices (provides 1-1/2 oz cooked lean meat)	10.5	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

³³ For products labeled “Ham and Water Products X% of weight is added ingredients” to be properly utilized in Child Nutrition Programs, you should either 1) purchase a CN labeled product or 2) take out the percent of added water/ingredients by multiplying the finished weight by the percent added ingredients and then subtracting that amount from the finished weight, divide by the manufacturers cooking yield to obtain the raw weight of the product and then multiply by the *Food Buying Guide* yield for the specific cut of pork used to process the product.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CURED, Fully Cooked, chilled or frozen³² (continued)					
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham Water added³² <i>Smoked Rolled Fully cooked (Like IMPS #505 Style C) USDA Commodity</i>	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham Water added³² <i>Boiled Without bone (Like IMPS #508 Style C)</i>	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen Ham Water added³² <i>Chunked and Formed Smoked Without bone (Like IMPS #511 Style C)</i>	Pound	13.1	1.22 oz ham water added (provides 1 oz cooked lean meat)	7.7	1 lb AP = 0.82 lb cooked lean meat (Protein Fat Free value of 17.0)
	Pound	8.74	1.83 oz ham water added (provides 1-1/2 oz cooked lean meat)	11.5	
Pork, Mild Cured, Fully Cooked, chilled or frozen Pork Shoulder Boston butt Water added³² <i>Without bone Smoked Special (Like IMPS #531 Style C)</i>	Pound	11.5	1.39 oz cooked pork water added (provides 1.0 oz lean cooked meat)	8.7	1 lb AP = 0.72 lb cooked pork shoulder water added (Protein fat free value = 16.5)
	Pound	7.61	2.1 oz cooked pork water added (provides 1-1/2 oz lean cooked meat)	13.2	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
PORK, MILD CURED, canned³²					
Pork, Mild Cured, canned Ham³²	Pound	10.2	1 oz heated lean meat	9.9	1 lb AP = 0.64 lb cooked lean meat
	Pound	6.82	1-1/2 oz heated lean meat	14.7	
	Pound	10.2	1.2 oz unheated meat (provides 1 oz heated lean meat)	9.9	
	Pound	6.82	1.8 oz unheated meat (provides 1.5 oz cooked lean meat)	14.7	

PORK, COOKED

PORK, CANNED					
Pork, canned <i>Pork with Natural Juices</i> <i>USDA Commodity</i>	No. 2-1/2 can (29 oz)	14.7	1 oz heated, drained lean meat	6.9	1 lb AP = 0.51 lb heated, drained pork
	No. 2-1/2 can (29 oz)	9.86	1-1/2 oz heated, drained lean meat	10.2	
	Pound	8.16	1 oz heated, drained lean meat	12.3	
	Pound	5.44	1-1/2 oz heated, drained lean meat	18.4	

SEAFOOD

Seafood, CLAMS, fresh, frozen or canned					
Seafood, fresh or frozen Clams <i>Shucked</i> <i>Drained</i>	Pound	8.00	1 oz cooked fish	12.5	1 lb AP = 0.50 lb cooked clams
	Pound	5.33	1-1/2 oz cooked fish	18.8	
Seafood, fresh or frozen Clams <i>Minced</i>	Pound	10.5	1 oz cooked fish	9.6	1 lb AP = 0.66 lb cooked clams
	Pound	7.04	1-1/2 oz cooked fish	14.3	

³² Purchasers of these products will need to ensure that the name of the food on the product labels exactly matches the “As Purchased” description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, CLAMS, fresh, frozen or canned (continued)					
Seafood, canned Clams <i>Minced</i>	51 oz can	19.3	1 oz heated fish	5.2	51 oz can = about 22.0 oz drained, unheated clams
	51 oz can	12.8	1-1/2 oz heated fish	7.9	
	7-1/2 oz can	2.83	1 oz heated fish	35.4	
	7-1/2 oz can	1.89	1-1/2 oz heated fish	53.0	
Seafood, CRAB, fresh or frozen					
Seafood, fresh or frozen Crab <i>Meat Cooked</i>	Pound	15.5	1 oz heated fish	6.5	1 lb AP = 0.97 lb heated crab meat
	Pound	10.3	1-1/2 oz heated fish	9.8	
Seafood, CRAWFISH, fresh or frozen					
Seafood, fresh Crawfish <i>Whole In shell Live</i>	Pound	1.28	1 oz cooked fish	78.2	1 lb AP = 0.08 lb cooked, shelled crawfish tail meat
	Pound	0.85	1-1/2 oz cooked fish	117.7	
Seafood, fresh or frozen Crawfish <i>Tail meat Peeled and Deveined Cooked</i>	Pound	14.4	1 oz heated fish	7.0	1 lb AP = 0.90 lb heated crawfish tail meat
	Pound	9.60	1-1/2 oz heated fish	10.5	
Seafood, FISH FILLETS and STEAKS, fresh or frozen					
Seafood, fresh or frozen Fish Fillets	Pound	11.2	1 oz cooked fish	9.0	1 lb AP = 0.70 lb cooked fish
	Pound	7.46	1-1/2 oz cooked fish	13.5	
Seafood, fresh or frozen Fish Steaks <i>Cross cut With bone</i>	Pound	10.5	1 oz cooked fish	9.6	1 lb AP = 0.66 lb cooked fish
	Pound	7.04	1-1/2 oz cooked fish	14.3	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, FISH PORTIONS, frozen^{34, 35, 36}					
Seafood, frozen Fish Portions³⁴ <i>Fried battered (45 percent fish)³⁵</i> <i>(Not from minced fish)</i>					
3 oz portion	Pound	5.33	1 portion (about 1.1 oz cooked fish)	18.8	1 lb AP = 0.37 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 0.7 oz cooked fish)	12.5	1 lb AP = 0.37 lb cooked fish
Seafood, frozen Fish Portions³⁴ <i>Fried breaded (65 percent fish)³⁶</i> <i>(Not from minced fish)</i>					
4 oz portion	Pound	4.00	1 portion (about 2.2 oz cooked fish)	25.0	1 lb AP = 0.54 lb cooked fish
3 oz portion	Pound	5.33	1 portion (about 1.6 oz cooked fish)	18.8	1 lb AP = 0.54 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.1 oz cooked fish)	12.5	1 lb AP = 0.54 lb cooked fish

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁵There is no standard for this product. It is recommended that you use products with CN labels or specify “FISH PORTIONS, FROZEN, FRIED, BATTERED (45 PERCENT) FISH” and request a Certificate of Inspection from the processor.

³⁶Fish Portions, Frozen, Fried, breaded is based on the National Oceanic and Atmospheric Administration’s (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 07 which specifies the product must contain a minimum of 65 percent fish.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information	
Seafood, FISH PORTIONS, frozen^{34, 37} (continued)						
Seafood, frozen Fish Portions³⁴ <i>Raw breaded</i> <i>(75 percent fish)³⁷</i> <i>(Not from minced fish)</i>						
	4 oz portion	Pound	4.00	1 portion (about 2.3 oz cooked fish)	25.0	1 lb AP = 0.58 lb cooked fish
	3 oz portion	Pound	5.33	1 portion (about 1.7 oz cooked fish)	18.8	1 lb AP = 0.58 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.2 oz cooked fish)	12.5	1 lb AP = 0.58 lb cooked fish	
Seafood, frozen Fish Portions³⁴ <i>Raw unbreaded</i> <i>(not from minced fish)</i>						
	4 oz portion	Pound	4.00	1 portion (about 3.1 oz cooked fish)	25.0	1 lb AP = 0.78 lb cooked fish
	3 oz portion	Pound	5.33	1 portion (about 2.3 oz cooked fish)	18.8	1 lb AP = 0.78 lb cooked fish
2 oz portion	Pound	8.00	1 portion (about 1.6 oz cooked fish)	12.5	1 lb AP = 0.78 lb cooked fish	

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁷Fish Portions, Frozen, Raw, Breaded is based on the NOAA's Fishery Products Inspection Manual 25 Part II Chapter 4, section 05 which specifies the product must contain a minimum of 75 percent fish.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, FISH STICKS, frozen^{34, 38}					
Seafood, frozen Fish Sticks³⁴ <i>Fried breaded (60 percent fish)³⁸</i> <i>(Not from minced fish)</i> 1 oz stick	Pound	16.0	1 stick (about 0.5 oz cooked fish)	6.3	1 lb AP = 0.49 lb cooked fish
	Pound	8.00	2 sticks (about 1.0 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.5 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.0 oz cooked fish)	25.0	
Seafood, frozen Fish Sticks³⁴ <i>Raw breaded (72 percent fish)</i> <i>(Not from minced fish)</i> 1 oz stick	Pound	16.0	1 stick (about 0.6 oz cooked fish)	6.3	1 lb AP = 0.56 lb cooked fish
	Pound	8.00	2 sticks (about 1.1 oz cooked fish)	12.5	
	Pound	5.33	3 sticks (about 1.7 oz cooked fish)	18.8	
	Pound	4.00	4 sticks (about 2.2 oz cooked fish)	25.0	
Seafood, MACKEREL, chilled, frozen, or canned					
Seafood, chilled or frozen Mackerel <i>Smoked, Cooked Whole Split With bone With skin</i>	Pound	9.76	1 oz fish without bone or skin	10.3	1 lb AP = 0.61 lb deheaded, skinned, boned, mackerel
	Pound	6.50	1-1/2 oz fish without bone or skin	15.4	

³⁴The fish portions and fish sticks provided in this guide are made using compressed fish fillet block (labeled as fish) which provides 0.78 lb cooked fish from 1 lb frozen fish block whereas compressed minced fish (labeled as minced fish) obtains 0.75 lb cooked fish from 1 lb frozen minced fish block.

³⁸Fish Sticks, Frozen, Fried, Breaded is based the National Oceanic and Atmospheric Administration's (NOAA) Fishery Products Inspection Manual 25 Part II Chapter 4, section 06 which specifies that the product must contain a minimum of 60 percent fish.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, MACKEREL, chilled, frozen, or canned (continued)					
Seafood, canned Mackerel	No. 300 can (15 oz)	8.87	1 oz drained fish	11.3	1 No. 300 can = about 8-7/8 oz drained, unheated mackerel
	No. 300 can (15 oz)	5.91	1-1/2 oz drained fish	17.0	
	No. 300 can (15 oz)	7.95	1 oz heated, drained fish	12.6	
	No. 300 can (15 oz)	5.30	1-1/2 oz heated, drained fish	18.9	
Seafood, OYSTERS, fresh or frozen					
Seafood, fresh or frozen Oysters <i>Shucked</i> <i>Drained</i>	Pound	8.00	1 oz cooked fish	12.5	1 lb AP = 0.50 lb cooked oysters
	Pound	5.33	1-1/2 oz cooked fish	18.8	
Seafood, SALMON, pouch pack or canned					
Seafood, pouch pack Salmon <i>Without bone</i> <i>Without skin</i> <i>Water-packed</i> <i>Includes USDA Commodity</i>	Pound	13.7	1 oz drained fish	7.3	1 lb AP = 0.86 lb drained salmon
	Pound	9.17	1-1/2 oz drained fish	11.0	
	4 lb pouch	55.0	1 oz drained fish	1.9	
	4 lb Pouch	36.6	1-1/2 drained fish	2.8	
Seafood, canned Salmon <i>Pink</i>	64 oz can	48.0	1 oz heated fish	2.1	64 oz can = about 52.0 oz drained, unheated pink salmon
	64 oz can	32.0	1-1/2 oz heated fish	3.2	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, SALMON, pouch pack or canned (continued)					
Seafood, canned Salmon <i>Water-packed Includes USDA Commodity</i>	15-1/2 oz can	11.6	1 oz heated fish	8.7	15-1/2 oz can = about 12-3/4 oz drained, unheated salmon with bones and skin
	15-1/2 oz can	7.73	1-1/2 oz heated fish	13.0	14-3/4 oz can = 10.0 oz drained, unheated salmon with bones and skin
	14-3/4 oz can	9.09	1 oz heated fish	11.1	
	14-3/4 oz can	6.06	1-1/2 oz heated fish	16.6	
Seafood, SARDINES, canned					
Seafood, canned Sardines <i>Whole</i>	15 oz can	13.2	1 oz fish	7.6	15 oz can = about 13-1/4 oz drained sardines
	15 oz can	8.80	1-1/2 oz fish	11.4	
Seafood, SCALLOPS, frozen					
Seafood, frozen Scallops	Pound	8.48	1 oz cooked fish	11.8	1 lb AP = 0.53 lb cooked scallops
	Pound	5.65	1-1/2 oz cooked fish	17.7	
Seafood, SHRIMP, fresh or frozen					
Seafood, fresh or frozen Shrimp <i>In shell Deheaded Undeined</i>	Pound	8.64	1 oz cooked fish	11.6	1 lb AP = 0.54 lb cooked shrimp
	Pound	5.76	1-1/2 oz cooked fish	17.4	
Seafood, fresh or frozen Shrimp <i>Peeled Undeined 60/70 count/lb (medium)</i>	Pound	11.5	1 oz cooked fish	8.7	1 lb AP = 0.72 lb cooked shrimp
	Pound	7.68	1-1/2 oz cooked fish	13.1	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, SHRIMP, fresh or frozen (continued)					
Seafood, fresh or frozen Shrimp <i>Peeled Deveined</i>	Pound	9.92	1 oz cooked fish	10.1	1 lb AP = 0.62 lb cooked shrimp
	Pound	6.61	1-1/2 oz cooked fish	15.2	
Seafood, SHRIMP, COOKED, frozen					
Seafood, cooked, frozen Shrimp <i>Peeled Deveined All sizes except for salad size</i>	Pound (frozen)	13.2	1 oz heated fish	7.6	1 lb AP = 0.83 lb thawed, ready-to-eat shrimp
	Pound (frozen)	8.85	1-1/2 oz heated fish	11.3	
	Pound (thawed)	16.0	1 oz heated fish	6.3	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.6	1-1/2 oz heated fish	9.5	
Seafood, cooked, frozen Shrimp <i>Peeled Deveined or Undeveined Salad size (150-200 count/lb)</i>	Pound (frozen)	12.8	1 oz heated fish	7.9	1 lb AP = 0.80 lb thawed shrimp
	Pound (frozen)	8.53	1-1/2 oz heated fish	11.8	
	Pound (thawed)	16.0	1 oz heated fish	6.3	1 lb thawed = 1.00 lb ready-to-eat shrimp
	Pound (thawed)	10.6	1-1/2 oz heated fish	9.5	
Seafood, SHRIMP, canned					
Seafood, canned Shrimp	13-1/4 oz can (drained weight)	13.2	1 oz fish	7.6	1 can = 13-1/4 oz drained, shrimp
	13-1/4 oz can (drained weight)	8.80	1-1/2 oz fish	11.4	
Seafood, SQUID, CALAMARI, frozen					
Seafood, frozen Squid, Calamari <i>Rings only</i>	Pound	10.7	1 oz cooked fish	9.4	1 lb AP = 0.67 lb cooked squid
	Pound	7.14	1-1/2 oz cooked fish	14.1	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
Seafood, TUNA, canned					
Seafood, canned Tuna <i>Chunk style</i> <i>Water packed</i> <i>Includes USDA Commodity</i>	66-1/2 oz can	51.2	1 oz drained fish	2.0	66-1/2 oz can = about 51.2 oz drained tuna
	66-1/2 oz can	34.1	1-1/2 oz drained fish	3.0	
	12 oz can	10.5	1 oz drained fish	9.6	12 oz can = about 10.5 oz drained tuna
	12 oz can	7.00	1-1/2 oz drained fish	14.3	
	6 oz can	5.26	1 oz drained fish	19.2	6 oz can = about 5.2 oz drained tuna
	6 oz can	3.50	1-1/2 oz drained fish	28.8	
Seafood, canned Tuna <i>Solid</i> <i>Water packed</i>	66-1/2 oz can	50.5	1 oz drained fish	2.0	66-1/2 oz can = about 50.5 oz drained tuna
	66-1/2 oz can	33.6	1-1/2 oz drained fish	3.0	
	12 oz can	10.4	1 oz drained fish	9.7	12 oz can = about 10.4 oz drained tuna
	12 oz can	6.95	1-1/2 oz drained fish	14.4	
	6 oz can	5.40	1 oz drained fish	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained fish	27.8	
Seafood, canned Tuna <i>Grated or Flake</i>	60 oz can	55.0	1 oz drained fish	1.9	60 oz can = about 55.0 oz drained tuna
	60 oz can	36.6	1-1/2 oz drained fish	2.8	
	6 oz can	5.40	1 oz drained fish	18.6	6 oz can = about 5.4 oz drained tuna
	6 oz can	3.60	1-1/2 oz drained fish	27.8	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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SEEDS³⁹

SEEDS ³⁹					
Seeds ³⁹ Pumpkin and Squash Shelled	Pound	16.0	1 oz seeds	6.3	1 lb = about 2 cups pumpkin or squash seeds
Seeds ³⁹ Sesame	Pound	16.0	1 oz seeds	6.3	1 lb = about 3-1/8 cups sesame seeds
Seeds ³⁹ Sunflower Shelled	Pound	16.0	1 oz seeds	6.3	1 lb = about 3-1/2 cups sunflower seeds

TURKEY, FRESH OR FROZEN

TURKEY, WHOLE, fresh or frozen					
Turkey, Whole, fresh or frozen <i>Without neck and Giblets</i> <i>Includes USDA Commodity</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.52	1 oz cooked turkey without skin	13.3	1 lb AP = 0.47 lb cooked turkey without skin
	Pound	5.01	1-1/2 oz cooked turkey without skin	20.0	
Turkey, Whole, fresh or frozen <i>With Neck and Giblets</i>	Pound	7.68	1 oz cooked turkey with skin without meat from neck and giblets	13.1	1 lb AP = 0.48 lb cooked turkey with skin without meat from neck and giblets
	Pound	5.12	1-1/2 oz with skin without meat from neck and giblets	19.6	
	Pound	6.72	1-1/2 oz cooked turkey without skin, giblets, and meat from neck	14.9	1 lb AP = 0.42 lb cooked turkey without skin, giblets and meat from neck
	Pound	4.48	1-1/2 oz without skin, giblets and meat from neck	22.4	

³⁹Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY PARTS, fresh or frozen					
Turkey parts, fresh or frozen Turkey Backs <i>With bone</i> <i>Ready-to-cook</i>	Pound	6.88	1 oz cooked turkey with skin	14.6	1 lb AP = 0.43 lb cooked turkey with skin
	Pound	4.58	1-1/2 oz cooked turkey with skin	21.9	
	Pound	5.44	1 oz cooked turkey without skin	18.4	1 lb AP = 0.34 lb cooked turkey without skin
	Pound	3.62	1-1/2 oz cooked turkey without skin	27.7	
Turkey parts, fresh or frozen Turkey Breasts <i>Whole or Halves</i> <i>With bone</i>	Pound	10.2	1 oz cooked turkey with skin	9.9	1 lb AP = 0.64 lb cooked turkey with skin
	Pound	6.82	1-1/2 oz cooked turkey with skin	14.7	
	Pound	9.12	1 oz cooked turkey without skin	11.0	1 lb AP = 0.57 lb cooked turkey without skin
	Pound	6.08	1-1/2 oz cooked turkey without skin	16.5	
Turkey parts, fresh or frozen Turkey Drumsticks <i>With bone</i>	Pound	7.68	1 oz cooked turkey with skin	13.1	1 lb AP = 0.48 lb cooked turkey with skin
	Pound	5.12	1-1/2 oz cooked turkey with skin	19.6	
	Pound	7.04	1 oz cooked turkey without skin	14.3	1 lb AP = 0.44 lb cooked turkey without skin
	Pound	4.69	1-1/2 oz cooked turkey without skin	21.4	
Turkey parts, fresh or frozen Turkey Halves <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.36	1 oz cooked turkey without skin	13.6	1 lb AP = 0.46 lb cooked turkey without skin
	Pound	4.90	1-1/2 oz cooked turkey without skin	20.5	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY PARTS, fresh or frozen (continued)					
Turkey parts, fresh or frozen Turkey Leg Quarters <i>With bone</i>	Pound	8.48	1 oz cooked turkey with skin	11.8	1 lb AP = 0.53 lb cooked turkey with skin
	Pound	5.65	1-1/2 oz cooked turkey with skin	17.7	
	Pound	7.68	1 oz cooked turkey without skin	13.1	1 lb AP = 0.48 lb cooked turkey without skin
	Pound	5.12	1-1/2 oz cooked turkey without skin	19.6	
Turkey parts, fresh or frozen Turkey Necks <i>With bone</i>	Pound	7.68	1 oz cooked turkey	13.1	1 lb AP = 0.48 lb cooked turkey
	Pound	5.12	1-1/2 oz cooked turkey	19.6	
Turkey parts, fresh or frozen Turkey Thighs <i>With bone</i>	Pound	8.64	1 oz cooked turkey with skin	11.6	1 lb AP = 0.54 lb cooked turkey with skin
	Pound	5.76	1-1/2 oz cooked turkey with skin	17.4	1 lb AP = 0.50 lb cooked turkey without skin
	Pound	8.00	1 oz cooked turkey without skin	12.5	
	Pound	5.33	1-1/2 oz cooked turkey without skin	18.8	
Turkey parts, fresh or frozen Turkey Wings <i>With bone Whole</i>	Pound	5.28	1 oz cooked turkey without skin	19.0	1 lb AP = 0.33 lb cooked turkey without skin
	Pound	3.52	1-1/2 oz cooked turkey without skin	28.5	
TURKEY ROAST, frozen⁴⁰					
Turkey Roast, frozen⁴⁰ <i>Without bone USDA Commodity only</i>	Pound	10.5	1 oz cooked turkey with skin	9.6	1 lb AP = 0.66 lb cooked turkey with skin
	Pound	7.04	1-1/2 oz cooked turkey with skin	14.3	

⁴⁰Turkey Roast, USDA Commodity, frozen, is based on USDA Specification for Frozen Turkey Roast which contains a minimum of 92.5 percent turkey.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
TURKEY, BONELESS, fresh or frozen					
Turkey, Boneless, fresh or frozen <i>With skin in natural proportions</i>	Pound	11.2	1 oz cooked turkey with skin	9.0	1 lb AP = 0.70 lb cooked turkey with skin
	Pound	7.46	1-1/2 oz cooked turkey with skin	13.5	
TURKEY BURGERS, frozen					
Turkey Burgers, frozen <i>100% ground turkey 3 oz raw weight USDA Commodity only</i>	1 pound	5.33	One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey	18.8	
	6 lb pkg	32.0	One 3-oz raw turkey burger when cooked provides 2.0 oz cooked turkey	3.2	
TURKEY GIBLETS, fresh or frozen					
Turkey Giblets, fresh or frozen Gizzards	Pound	9.12	1 oz cooked turkey	11.0	1 lb AP = 0.57 lb cooked whole gizzards
	Pound	6.08	1-1/2 oz cooked turkey	16.5	
Turkey Giblets, fresh or frozen Hearts	Pound	9.12	1 oz cooked turkey	11.0	1 lb AP = 0.57 lb cooked hearts
	Pound	6.08	1-1/2 oz cooked turkey	16.5	
Turkey giblets, fresh or frozen Livers	Pound	11.5	1 oz cooked turkey	8.7	1 lb AP = 0.72 lb cooked livers
	Pound	7.68	1-1/2 oz cooked turkey	13.1	
TURKEY, GROUND, fresh or frozen					
Turkey, Ground, fresh or frozen <i>With skin in natural proportions Includes USDA Commodity</i>	Pound	11.2	1 oz cooked turkey	9.0	1 lb AP = 0.70 lb cooked, drained turkey
	Pound	7.46	1-1/2 oz cooked turkey	13.5	
	10 lb pkg	112.0	1 oz cooked turkey	0.90	
	10 lb pkg	74.6	1-1/2 oz cooked turkey	1.4	

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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TURKEY, COOKED

TURKEY, canned

Turkey, canned Boned Turkey	Pound	14.0	1 oz cooked turkey with skin	7.2	1 lb AP = 0.88 lb cooked turkey with skin
	Pound	9.38	1-1/2 oz cooked turkey with skin	10.7	
Turkey, canned Boned Turkey <i>Solid pack</i>	Pound	14.8	1 oz cooked turkey with skin	6.8	1 lb AP = 0.93 lb cooked turkey with skin
	Pound	9.92	1-1/2 oz cooked turkey with skin	10.1	
Turkey, canned Boned Turkey <i>With Broth</i>	Pound	12.4	1 oz cooked turkey with skin	8.1	1 lb AP = 0.78 lb cooked turkey with skin
	Pound	8.32	1-1/2 oz cooked turkey with skin	12.1	

TURKEY, COOKED, frozen

Turkey, cooked, frozen Diced or pulled <i>Light and dark meat in natural proportions (no skin, wing meat, neck meat, giblets or kidneys)</i>	Pound	16.0	1 oz cooked turkey	6.3	1 lb AP = 1.00 lb (about 2-3/4 cups) cooked turkey
	Pound	10.6	1-1/2 oz cooked turkey	9.5	

TURKEY HAM, Fully cooked, chilled or frozen⁴¹

Turkey Ham, Fully cooked, chilled or frozen⁴¹	Pound	11.2	1.4 oz serving (1 oz cooked turkey)	9.0	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving (1-1/2 oz cooked turkey)	13.5	
Turkey Ham, Fully cooked, chilled or frozen <i>15% added ingredients Includes USDA Commodity</i>	Pound	9.41	1.7 oz serving (1 oz cooked turkey)	10.6	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving (1-1/2 oz cooked turkey)	15.9	

TURKEY PRODUCTS, canned or frozen^{42, 43}

Turkey Products Creamed Turkey^{42, 43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
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⁴¹Turkey ham is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 381.171.

⁴²Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴³Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the “As Purchased” description in Column 1.

Section 1—Meat/Meat Alternates

1 Food As Purchased, AP	2 Purchase Unit	3 Servings per Purchase Unit, EP	4 Serving Size per Meal Contribution	5 Purchase Units for 100 Servings	6 Additional Information
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TURKEY PRODUCTS, canned or frozen^{42, 43} (continued)

Turkey Products Turkey A La King ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.3 oz cooked turkey)	43.5	1 lb AP = 0.20 lb cooked turkey
Turkey Products Turkey Barbecue, minced ^{42, 43}	Pound	3.50	1/2 cup serving (about 1.8 oz cooked turkey)	28.6	1 lb AP = 0.40 lb cooked turkey
Turkey Products Turkey Chili ^{42, 43}	Pound	2.30	3/4 cup serving (about 1.9 oz cooked turkey)	43.5	1 lb AP = 0.28 lb cooked turkey
Turkey Products Turkey Chili with Beans ^{42, 43}	Pound	2.62	2/3 cup serving (about 1.0 oz cooked turkey)	38.2	1 lb AP = 0.17 lb cooked turkey
Turkey Products Turkey Hash ^{42, 43}	Pound	2.60	2/3 cup serving (about 1.8 oz cooked turkey)	38.5	1 lb AP = 0.30 lb cooked turkey
Turkey Products Turkey Salad ^{42, 43}	Pound	3.46	1/2 cup serving (about 1.1 oz cooked turkey)	29.0	1 lb AP = 0.25 lb cooked turkey
Turkey Products Turkey with Gravy ^{42, 43}	Pound	5.30	1/3 cup serving (about 1.0 oz cooked turkey)	18.9	1 lb AP = 0.35 lb cooked turkey
Turkey Products Turkey with Noodles or Dumplings ^{42, 43}	Pound	1.70	1 cup serving (about 1.4 oz cooked turkey)	58.9	1 lb AP = 0.15 lb cooked turkey

TURTLE BEANS [see BEANS, BLACK (TURTLE)]

VEAL, FRESH OR FROZEN

VEAL, CUTLETS, fresh or frozen

Veal, Cutlets, fresh or frozen	Pound	8.64	1 oz cooked lean meat	11.6	1 lb AP = 0.54 lb cooked lean meat
<i>Cutlets from leg Without bone</i>	Pound	5.76	1-1/2 oz cooked lean meat	17.4	

VEAL, GROUND, fresh or frozen

Veal, Ground, fresh or frozen	Pound	12.6	1 oz cooked lean meat	8.0	1 lb AP = 0.79 lb cooked lean meat
<i>No more than 16% fat</i>	Pound	8.42	1-1/2 oz cooked lean meat	11.9	

⁴²Yield data is based on minimum percent meat as required by FSIS standard of identity regulations found in 9 CFR.

⁴³Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the "As Purchased" description in Column 1.

Section 1—Meat/Meat Alternates

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VEAL, HEART, fresh or frozen					
Veal, Heart, fresh or frozen <i>Trimmed</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked heart
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
VEAL, LIVER, fresh or frozen					
Veal, Liver, fresh or frozen <i>Trimmed</i>	Pound	10.8	1 oz cooked lean meat	9.3	1 lb AP = 0.68 lb cooked liver
	Pound	7.25	1-1/2 oz cooked lean meat	13.8	
VEAL, ROAST, fresh or frozen					
Veal, Roast, fresh or frozen Chuck roast <i>Without bone</i>	Pound	9.44	1 oz cooked lean meat	10.6	1 lb AP = 0.59 lb cooked lean meat
	Pound	6.29	1-1/2 oz cooked lean meat	15.9	
Veal, Roast, fresh or frozen Leg roast <i>Without bone</i>	Pound	9.76	1 oz cooked lean meat	10.3	1 lb AP = 0.61 lb cooked lean meat
	Pound	6.50	1-1/2 oz cooked lean meat	15.4	
VEAL, STEAK, fresh or frozen					
Veal, Steak, fresh or frozen <i>Flaked and formed 4 oz raw weight (Like IMPS #1338)</i>	Pound	4.00	One 4.0 oz raw steak when cooked provides 2.7 oz cooked lean meat	25.0	1 lb AP = 0.69 lb cooked lean meat
	Pound	11.0	1 oz cooked meat	9.1	
	Pound	7.36	1-1/2 oz cooked meat	13.6	
VEAL, STEW MEAT, fresh or frozen					
Veal, Stew Meat, fresh or frozen <i>Without bone</i>	Pound	10.4	1 oz cooked lean meat	9.7	1 lb AP = 0.65 lb cooked lean meat
	Pound	6.93	1-1/2 oz cooked lean meat	14.5	

Section 1—Meat/Meat Alternates

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YOGURT⁴⁴					
Yogurt, fresh ⁴⁴ <i>Plain or Flavored Sweetened or Unsweetened – Commercially- prepared</i>	32 oz container	8.00	1/2 cup or 4 oz yogurt (1 oz meat alternate)	12.5	
	32 oz container	5.33	3/4 cup or 6 oz yogurt (1-1/2 oz meat alternate)	18.8	
	32 oz container	4.00	1 cup or 8 oz yogurt (2 oz meat alternate)	25.0	
	4 oz container	1.00	One 4 oz container yogurt (1 oz meat alternate)	100.0	
	6 oz container	1.00	One 6 oz container yogurt (1-1/2 oz meat alternate)	100.0	
	8 oz container	1.00	One 8 oz container yogurt (2 oz meat alternate)	100.0	

⁴⁴ Creditable yogurt is defined in the Child Nutrition regulations under 7 CFR Parts 210.2, 220.2(bb), 226.2, and 225.2.